

# Fit for Life

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## Diet is a four letter word



I cringe when I hear the word diet. A diet is not something you can stay on for the rest of your life, but a lifestyle change can be.

Let's face it; during the holidays we know we aren't going to exercise and eat right like we do the rest of the year. We are going to eat those delicious casseroles, pies and cakes that our Aunt Judy makes every year...in fact, we can already taste them! And the only exercise program we will have is to see if we can beat last year's time on how fast we eat it all. For many of us, 'Tis the season to be fluffy!

Allowing yourself a little indulgence is perfectly fine but I would like to encourage you to remember some of the helpful hints from the October/November newsletter, which taught you "How to Fight Holiday Bulge." Even with that helpful guide, if you just can't seem to back away from the table this holiday season and you end up gaining a new winter coat, to get back on the right track, try the seven-day nutrition and exercise plan in that is in this month's newsletter.

Before you assume this is some bizarre

herbal potion or a Hollywood juice fast – relax. We all know that extreme diets do not work over long periods of time. Normally, with fad diets, most of the weight you drop is due to water loss, not fat, and will return as soon as you start eating normally again. This nutrition and exercise plan is designed to cleanse the high sugars, saturated fats, and alcohol from your system and is one that you can follow for life. Take the lifestyle change instead of the fad diet and detox your way back to health. Remember, before you start any new fitness or nutrition program – always consult first with your doctor!

As many of you know, I love my job. For me, it's not even a job, it's my passion. Many of you say that I motivate you to be healthier but what you don't know is that you are the ones who motivate me. Each week, I look forward to working with each and every one of you because each week I am elated to learn about the accomplishments you've made.

I could share countless testimonials with you but they won't give me that much space in the newsletter. Rather, I would

like to give you just some of the names of members who have made great strides in their lives through the nutrition and exercise programs we offer here.

If you talk to Beth Jones, Ben Free, Ana Bonney, Viola Padmore, Bert Corley, Reda Johnson, and Barbara Deakin, you learn quickly how exercise has changed their lives for the better.

While these types of success stories are wonderful, I have been told of blood pressures going down; cholesterol ranges back to normal, diabetic levels improving, pain from shoulder injuries being eliminated, weight and inches lost, overall quality of life being enhanced, and on, and on, and on. These success stories are so rewarding to me because this is what I do. This is what I love. This is why I'm here.

Thank you for a wonderful year. Now get up, get out and get active!



Dawn Davis is a Certified Personal Trainer and Senior Fitness Instructor with special certifications in a variety of special programs including Yoga, Tai chi, Pilates and Zumba Gold.

Photo by Rainy Chastine

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### Back atcha! - Continued...

**Comment:** I miss the lemon for the iced tea.

**Answer:** We do, too but we don't miss the \$1,200 annual cost to supply those lovely lemons! It may not seem like a lot of money, but as a non-profit organization, it's a lot to us. In fact, that's about a year's worth of Meals On Wheels for a homebound senior! Like every other business, today's economy has put a real *squeeze* on us and we had to look to where we could save money but not severely impact the quality of our food service. Fresh lemons are a nice addition to iced tea, but we felt that the quality of the beverage could hold its own without the added lemon. All this *squeezing* has helped us to avoid increasing our membership dues. We hope this doesn't *sour* you on coming to the Ultimate Café!

**Question:** Why don't you have Splenda® instead of Sweet n' Low®?

**Answer:** Well, it's kind of the same reason we don't serve lobster and caviar...it's just a more expensive item that doesn't fit our budget. But, hey...we don't mind if you B.Y.O.S. (Bring Your Own Sweetener).

Watch the next newsletter for more comments, questions and answers. In the meantime, we'd like to hear from you! Let us know if you have any questions or what you think about our Life Enrichment Center, the Ultimate Café, the classes/activities/special events, etc. Email us at [info@fayss.org](mailto:info@fayss.org) or fill out a comment card at the Ultimate Café or drop a note in the suggestion box near the main entrance.

**Thanks for your feedback!**

### FITNESS CENTER NEWS

We all love a good bargain, right? Well, we think our fitness center with our friendly, trained volunteers and great equipment are a real deal at only \$10 a month for our members...and we want to keep it that way for you!

You can help us cut down on the cost of processing all those monthly \$10 payments by paying 3, 6, or 12 months at a time. You can still pay monthly, but paying quarterly, biannually or yearly helps make our accounting process more efficient and keeps our overall costs down. Don't forget! You can get one month free by paying only \$110 for 12 months!

**New evening hours:** Due to Clayton State University classes not being held on Thursday evenings for awhile, the fitness room will only be open on Tuesday evenings until 7:30.