

Fit for Life



Healthy Resolutions

By "The Fitness Diva" Dawn Davis

Well, here we are again. Another year has come and gone and now is the time we all try to make resolutions for the New Year, sometimes without much success. The most common New Year's resolutions include diet and exercise but only about 20 percent of us actually reach our goals.

While I can't wave a magic wand and make your resolution come true, I can give you some easy steps to make it easier to fulfill your promises to yourself.

1. Avoid choosing a resolution that has been unsuccessful year after year. This will only set you up for failure, frustration and disappointment. Make resolutions that are easily attainable. Instead of setting a goal to lose 30 pounds, resolve to eat healthier and increase your daily activity.

2. Increase daily activity. This can be as simple as taking the stairs instead of the elevator/escalator. Parking your car in a space further away from the front entrance than you normally would. Anything extra outside your normal routine.

3. Choose an exercise program you enjoy. You will be more inclined to stick to a regiment that you look forward to doing.

4. Exercise with friends. We offer a variety of group exercise classes at the Center. The Aerobics classes are free to members and are offered in three different levels of ability. We also offer Tai Chi, Osteo Fighters, Yoga/Pilates, Zumba Gold and a great fitness center with a variety

exercise machines and free weights.

5. Eat breakfast every day. A healthy diet includes eating breakfast everyday. People who eat breakfast consume fewer calories than those who don't.

6. Graze. Eating five or six small portion meals a day will speed up the metabolic rate. Small portions digest faster and convert into energy without storing as much fat.

7. Carbs can be good. Your body needs carbohydrates to produce energy. Eating a moderate amount of complex carbohydrates such as legumes (beans), whole grain breads, brown rice, pasta and potatoes are essential for healthy daily living.

DID YOU KNOW?

Did you know that a 200 pound person would need to ride a bike for 40 minutes at 12 miles per-hour to work off the 460 calories from one cup of sweet potato casserole?

8. Moderation is the key. Don't deny yourself anything. Cravings can consume your thoughts and life. Give in to temptation...in moderation. Have a little slice of the cheesecake to avoid eating the whole cake later. Usually, a few bites will suffice and the craving subsides.

9. Drink plenty of water. Your body needs water to regulate body temperature and to provide the means for nutrients to

travel to all your organs. Water also transports oxygen to your cells, removes waste, and protects your joints and organs. Drink at least half your body weight in ounces every day. Don't waste calories on drinks. Water is preferable, but you may include low calorie or no calorie drinks in your diet. Stay away from caffeinated beverages because too much caffeine can decrease the burning of stored fat.

10. Give it time. Most experts agree it takes 21 days to form a habit and six months to actually become part of our daily living.

11. Reward yourself when you reach a milestone. Treat yourself to something special, but be careful with how you reward yourself. If you lose five pounds don't indulge in a big piece of cake. Instead try giving yourself something non-food related, such as a professional massage.

12. Don't go it alone. Tell friends and family what your goals are and ask them to help you keep accountable.

Remember, I'm here to help with any and all of your fitness and nutritional needs. Have a happy and healthy new year.



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.