



March Fitness Tips

We are well into 2013 and hopefully you are still sticking to your resolutions. If your resolution was to lose weight and you aren't seeing results, you may want to implement a few of these suggestions to help you achieve your weight loss goals in record time! Here are a few examples of some things to help make shaving off the pounds a little easier:

- Don't skip meals!! Skipping meals leads to blood sugar fluctuations, moodiness, and fatigue. Habitually skipping meals also causes you to eat more when you actually do eat. You feel extremely hungry after you skipped your meal so you "binge", which causes you to eat more than if you ate two meals. Try to eat healthy meals and snacks at regular intervals or eat small portions throughout the day.
- Move your Body!! The body is designed to move. A regular fitness schedule can brighten your day and actually give you more energy once you get used to it. Daily activity prevents muscle atrophy and any movement (walking, doing dishes, cleaning, playing with the kids, etc) is better than no movement.
- Drink Water!! Don't drink cola or sugar drinks when you are thirsty. Soda is about 150 empty calories filled with sugar and caffeine and not one ingredient that your body needs to survive. True that some energy drinks can replenish your electrolytes in the short term, but that sugar fix will wear off. Bottom line, when your body is thirsty, the best option is always water.
- Snack Smart!! Snacking on empty calories. Being fat free or low carb does not make it healthy. Empty calories (calories void of nutritional value) do nothing for your body. If you looking for a snack, try fruit, vegetables, nuts, or protein bars to curb that craving. Even water can help fill you up until the next meal.
- Relax Smart!! A recent article stated that you use less energy while watching TV than while sitting still! Anything is better than sitting on the couch all day in a vegetative state. There are even exercises you can do while watching TV. Instead of veging on the couch, come to Club One and hit the cardio machines while you watch your favorite show!

