

## Time to Look Fine in 2009

Happy New Year! I hope that you all had a wonderful holiday and had the opportunity to be with those you love.

This time of year, health clubs see the highest influx of new members. New Year's resolutions for weight loss, health improvement and overall well being. Everyone is gung ho, ready to work off those holiday calories and get their bodies ready for the spring and summer!

Below I have compiled 12 Tips (like the 12 days of Christmas) to get you back on track or get your resolution off to a good start:

1. Replace all sugar drinks for water. Water has zero calories, helps the body burn fat and is great for the skin too. Fruit juices are loaded with calories; you are better off eating the fruit.
2. Exercise 30 minutes, 6 days a week if you can. Minimum 3 times a week. Make sure that you are working at an intensity that brings about a sweat! Don't be afraid. If you want it to work, you have work it.
3. Perform resistance training 3 times a week and cardiovascular training 3 times a week alternating from one day to the next. If time is an issue, try to do your cardio first, it will warm up the muscles and prepare you for the workout.
4. You do not need a gym to exercise, there are many exercise programs you can do in your home with minimal equipment.
5. Take a 20 minute walk after dinner (even in the winter)
6. Eat 5-6 times a day, 3 meals 2-3 snacks. This will keep your metabolism working and avoid "starvation mode" which has the opposite affect on the body.
7. Meals should be between 300-350 calories (women) 400-500 calories (men) and snacks should be about 150-250 calories (this is an estimate everyone is different)
8. Watch your portions, your hand is a good indicator, if it does not fit in your hand, it is too big or too much.
9. Eat protein at each meal and snack.
10. Fail to plan....plan to fail. Make sure you have healthy fresh food choices available so that it is easy to make proper choices.
11. If you are going to a party and know that there will be a lot of temptation, eat something at home before you go and then it will be easier to avoid temptation.
12. Do not DIET. Find a nutritional plan that you can follow and incorporate into your lifestyle.

As we kick off another year, let's do it with intention for better health of body, mind and sprit. From my family to yours, Happy Healthy New Year.

Phyllis Frost / FIT BODY BY PHYL