

How to Live a "Healthy" Life

It is so ironic that in the past 50 years, North American life has evolved technologically, scientifically and spiritually and yet, people are more stressed out, over weight and unhappy.

As a personal trainer my mission has always been to help people improve their quality of life, body, mind and spirit.

To be truly "healthy" balance must be present. It is great to go to the gym and workout, but what do you feed your body? It is wonderful to eat well, but do you get enough exercise? It is amazing to exercise regularly and eat well, but how do you deal with life's stresses?

"Wellness" is a new buzz word of this decade. It implies a balance of all the components I mentioned above and my goal today is to share with you how you too can have a healthy, happy life.

We are all busy. With the economy the way it is presently, there is more pressure to keep your job, ensure your business survives so you can just pay your bills and meet your daily obligations. We live in a materialistic society and our kids have been accustomed to many privileges that maybe you and I did not experience,

With all the extra curricular activities, ipod, laptop, cell phone, name brand clothing, it places a great demand on parents. Of course we want our kids to have cool things but at what cost? A \$200 pair of Uggs, or a \$250 ipod Touch, those are luxuries that you and I had to get a part time job to buy when we were young. Now kids in grade school have them and think nothing of it!

Money is a big stressor. So how do we deal with it? Living within our means, teaching our kids that it is very satisfying to earn money and allowing them to buy it themselves. Let them do chores, older kids can babysit, or get part time jobs. When I babysat I was paid \$1 per hour, today they receive up to \$10/hour! It does not take long to accumulate a nice savings at that rate! Delayed gratification also teaches them that in the adult world you do not always get what you want, when you want it.

This will work twofold; it will take the pressure off you and teach your children an invaluable lesson, elevate their self esteem and show them how to be independent.

It is important that we find 1 hour a day for ourselves. 30 minutes to exercise and 30 minutes to rest.

To exercise for 30 minutes 6 days a week will elevate your metabolism, energy levels and alleviate stress. I recommend 3 days of resistance training and 3 days of cardio. It is important to work at a high intensity (within your fitness level) to maximize results. I am certain that everyone can find 30 minutes at some point in their day. Early morning, lunch hour walk, evening? Be honest, how many hours a week are spent watching T.V?

Resistance workouts can be done in-home with minimal equipment and are very effective.

The other 30 minutes, find a quiet place and rest. I like to sit on my back porch in the spring and summer with a coffee and enjoy nature. I often turn off the radio when I am in my car and enjoy the silence or at home I listen to a relaxation tape, other times I read. I make sure that everyday, I have that 30 for myself so I can be more patient, productive and less stressed to deal with everyday issues.

Proper nutrition is a key element. Nitrates, chemicals, hormones are abundant in our foods. How is it, that in an age that so advanced that our food is not nearly as pure and healthy as it was years ago?

Try to choose whole foods. That would include fruits, vegetables, whole grain products, lean protein. Foods that contain additives such as "high fructose corn syrup" and "hydrogenated palm kernel oil" are so bad for our bodies and they are included because they make food "taste better" but they also make us crave more of the same.

It is best to shop on the outside aisles of the grocery store as much as possible.

To live a healthy life and set an example for those you love is not difficult, what it takes is awareness, and intention. Have a plan of action. Put aside 30 minutes 6 days a weeks to exercise your body, chose foods that are whole and not filled with additives and preservatives and finally; honor yourself by taking quiet time.

I wish you health and fitness of body, mind and spirit.

Phyllis Frost / FIT BODY BY PHYL