

LIFESTYLE



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Timely Information for Personal Success

Fitness: Where do I Start?

By *Tim Lencki*

Nearly everyone at some point has that unsettling moment when they realize that they need to do something about their shape and physical condition. An escalator is broken and you take the stairs; or you spend some time outside trying to keep up with your 6-year-old. Either scenario might leave you out of breath as you come to the realization that your body just isn't what it used to be.

Throw in personal pressure from a friend who lost weight, or the occasional wedding or class reunion, and most of us have to consider that all this fitness stuff everyone is talking about just might work.



But awareness is one thing, and action is another matter entirely. The question, "Where do I start?" has probably ended more fitness programs than any candy bar! The reality is that fitness is difficult to do on your own. Most people who don't get results the first month or so will quit.

If you're serious about getting in shape, take a look at your eating habits, and then begin with professionals. Fitness is the combination of moving as much as possible and getting some nutritional guidance. Done right, and tailored to your body type and fitness goals, a fitness program with the supervision of a fitness professional will get the fastest results possible.

Check your local phone book for a health club, and make an appointment to meet with a trainer. Whether you decide to exercise in a health club or at home, a trainer can get you started with a program that will produce results.

Fall is a great time of year to get started. With the holidays looming around the corner, starting now will help you develop a habit to get you through them. So get going! ♦

Tim Lencki is a strength and conditioning specialist, and author of "Fitness One Day at a Time." Visit Tim's website at www.thefitnesseducator.com.

Adjust Your Attitude

Americans are obsessed with their weight, to say the least. More than \$50 billion is spent each year to lose weight, and for what? To achieve an ideal of thinness and beauty that is nearly impossible for most people?

I'm amazed how obsessed people are with scales. It drives me crazy! Health actually has less to do with a number on a scale and more to do with the physical and mental ability to enjoy everything that life has to offer.

The key to making positive changes, which may or may not include weight loss, is to consider all the different facets of your lifestyle. Losing weight doesn't mean anything if you are so tired from constantly restricting calories that you can't even play with your kids. However, healthy eating habits practiced over a period of time, along with exercise, will allow you to maintain energy levels and lose body fat in the process.

Cater your exercise program toward things that help you function more effectively, not only

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www.foodfit.com

Healthy Recipe: Spiced Pumpkin Bread

INGREDIENTS:

- 2 large eggs
- 1 cup brown sugar, firmly packed
- 1 cup canned pumpkin puree
- 1 teaspoon freshly grated ginger root
- 2 cups flour
- 2 teaspoons baking powder
- 1/2 cup of each: butter, unsalted; low-fat buttermilk
- 1/2 teaspoon of each: salt, ground cinnamon, ground nutmeg, allspice
- nonstick cooking spray

NUTRITIONAL INFORMATION:

- Calories per serving: 125
- Protein: 2 g.
- Carbohydrates: 20 g.
- Sodium: 139 mg.
- Saturated fat: 2 g.
- Fat: 4 g.
- Fiber: 0 g.

DIRECTIONS:

- 1 Remove butter and eggs from fridge and let them come to room temperature. Preheat oven to 350 and coat two 9-inch loaf pans with nonstick spray.
 - 2 Place butter in mixing bowl and beat at high speed with electric mixer for 30 seconds. Gradually add sugar and continue to beat until very fluffy.
 - 3 On low speed, add eggs one at a time. Add ginger, puree and mix again.
 - 4 Sift flour, baking soda, baking powder, salt, cinnamon, nutmeg, and allspice together.
 - 5 Fold in half of the flour mixture. Stir in buttermilk. Fold in rest of flour mixture. Batter should be smooth; don't overmix.
 - 6 Bake until loaves are golden brown, about 40 to 45 minutes. Check for doneness by inserting a paring knife into center of each bread; if blade is dry, bread is done.
- Serving size:** 1 slice

LifestyleTIPS®

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Questions and Answers

Q: Why does exercise reduce stress?

A: "Exercise produces a relaxation response that serves as a positive distraction," says Cedric Bryant, chief exercise physiologist for the American Council on Exercise. He adds that exercise elevates mood, which keeps depression at bay. Moreover, experts point out that when you're less stressed, you're less irritable, which can improve relationships at home and work.

Source: www.Webmd.com

Q: How is a busy person supposed to find time to get fit?

A: The key is to use your time more wisely. Think about things that will "kill two birds with one stone." Take the kids on bike rides together, and you're getting exercise while enjoying family time. At work, schedule a meeting on the jogging track or on the golf course. And forget the notion that you can spend an hour or more a day for a formal workout. Recent government guidelines say that to lose weight and keep it off, you need to accumulate at least 60 minutes of exercise each day. So squeeze in two or three daily bouts of 15-to-20 minutes of activity instead. Even 30 minutes a day is beneficial. ♦

Source: www.Webmd.com

Adjust Your Attitude

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activities that help you lose weight. Think about some hobbies or tasks that you regularly do around the house. Then, have a personal trainer suggest some strength-training exercises that give you the ability to perform these activities better. It can be done! It's called functional training, and any certified personal trainer can help you get started.

If you're reading this and are overweight, I'm not suggesting you ignore that fact. However, if

you're focused solely on losing weight you're setting yourself up for failure. Rather, consider activities such as functional strength training. Moreover, start practicing lifelong healthy eating habits. It won't take long, and you'll be amazed at how you'll enjoy life more — both physically and mentally. And as a bonus, you'll probably lose some weight. ♦

— Tim Lencki

Fitness Facts: Did You Know?

Myth: No pain, no gain!

Fact: "No effort, no gain" is closer to the truth. Effort produces results. However chronic or acute pain can be debilitating.

Myth: High repetition sit-ups will trim your waist.

Fact: This would be like saying that spot reduction is possible, when in fact there hasn't been any research to date that proves this. Exercise and proper caloric intake are what will trim your waist. ♦

— Tim Lencki

