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**My business continues to grow through your referrals.  
Many thanks for your continued trust and confidence.**

## Whole Body... Fitness

### Are You Ready to Exercise??

Courtesy of IDEA Health & Fitness Association

[www.ideafit.com](http://www.ideafit.com)

Studies have shown that seven out of 10 people who start an exercise program drop-out within the first few months. One problem is that most people jump into exercise without doing the planning up front. They're just not prepared for the commitment involved. Are you ready to make exercise part of your lifestyle? Sherri McMillan, MSc, co-owner of Northwest Personal Training & Fitness Education in Vancouver Washington discovered that people who stick with exercise buy into the following four "Laws of Success."

- 1) **The Law of Possession:** "If it's going to be, it is up to me." Understand that you need to take ultimate responsibility for the success or failure of your exercise program. It may be tempting to blame your husband or kids or shift responsibility to your group exercise instructor or personal trainer, but you will be the one who actually exercises! Loved ones can support you and fitness/health professionals can help educate & guide you, but you must be willing to give up the sedentary lifestyle.
- 2) **The Law of Effort:** "Anything worth achieving is worth working for." Exercise takes discipline, willpower, character, persistence and a commitment to a delayed gratification. Starting and staying with an exercise program requires work, but you can do it!
- 3) **The Law of Consistency:** "I have to stick to the game plan." Researchers have found one characteristic common to those who adhere to exercise. They move towards their goals one step at a time and are committed to constant, never ending improvement. Consistency and persistence are key to achieving results. If you get off track for a week or so, it's no big deal. However if you are regularly tempted away from your program, you will not succeed. Regardless of busy work schedules or lack of

energy, you must keep exercising. For example, if you want to be 10 pounds lighter 10 years from now, it is not what you do over the next 8 weeks that matters, it is what you do over the next 10 years.

4) **The Law of Self-Efficacy:** “If you think I can or I think I can’t, I’m probably right.” If you immediately start questioning whether you can make the changes required to live an active lifestyle, you are going to have a difficult time. You must believe you can do it.

## Whole Body... Outdoor Exercise Class

**Join us at our outdoor Outdoor Exercise Class! Get coupon for free class!**

[Link to Outdoor Exercise Class page](#)

## Whole Body... Nutrition

### The Diet Season Begins...



It’s that time of year again – the diet season. It’s hard to believe that dieting actually has a season. And most of us, who have eaten until we can’t eat another morsel, are ready to take the “diet” plunge. You’re probably wondering if I have the ultimate weight-loss solution, a recipe of success where you can simply do this or do that, and zap yourself into a thin body for life. Not exactly. But, I can improve your chances of making the most of your diet effort this season.

### Don’t Waste Your Time

Starting a diet can be a waste of time unless you have a real plan.

- Map out a strategy and come up with specific tactics that will stand the test of time.
- Think about what to do during your weak moments, whether it’s those midnight refrigerator raids or prime-time snack attacks in front of the T.V.
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### Learn from the Rest

The good news is that if you want to know what works, don’t bother searching through books, magazines & websites for the latest and greatest diets. The answer to your weight-loss dreams is available to anyone who wants to see it. It’s called the National Weight Control Registry, the longest running study on successful weight losers and maintainers. Here’s what almost all successful weight-loss maintainers are doing to keep their weight down:

- They self-monitor their weight regularly, meaning they have a “thin” pair of pants or a scale handy to make sure they are staying within a fitness range.
- They eat breakfast and follow a relatively low-fat, high carbohydrate diet (sorry Atkins and South Beach fans), and they all get in at least an hour or more of physical activity per day.

### Set Goals

All the research shows that setting sights on specific targets dramatically increases your likelihood of success. Your goals should be very detailed, outlining exactly what you want to accomplish. The more specific, the better. Make sure they are realistic and targeted to

your lifestyle – trying to suddenly follow a vegetarian diet when you're used to eating hamburgers every day is just not going to last.

Also, make sure your goals are motivating. Finally, write them down – seeing your goals in writing makes them real.

### Think Before You Eat

Before you put that piece of food in your mouth, stop! Ask yourself, is it worth it? Is what you're about to put in your mouth a "good deal", a "calorie bargain"? This moment of thought will force you to become more aware of your food choices and to become familiar with the nutrient information before you eat. It's a great tactic and can help you shed pounds.



### Last Longer

If you want to maintain your weight loss longer than you did last year, you need to look at the past. History has a way of repeating itself – you need to see every slip-up and setback as a learning experience. Get out a pen and paper, and write down every single diet that you've ever been on. Then, think about and try to analyze why each one didn't work, and what you've learned from each diet. Research shows that if you keep trying to lose weight and learn from your mistakes along the way, you have a better chance of being successful.

### The 3-Day Diet



If you think keeping a food diary is a tedious process that provides minimal benefit, think again! This is one of the few ways to figure out what you can cut from your diet so can start losing. Keep the diary for at least 3 s each month – it's sort of a self audit so you can make adjustments and improve your eating habits.

Make sure to include everything, from the spoonful of sugar in your coffee to the mayo you add to your sandwich. And whenever possible, measure, measure, measure!

### Do It For Life

The most important question any ask is: **"Can I do this for the rest of my life?"** When you're thinking about making changes to your current eating habits to lose weight, make sure they are changes you can realistically sustain for life. I know that's a daunting thought, but remember this – you can lose weight by drastically restricting your calorie intake for a period of time.

But if you can't live with those restrictions, there is a good chance you will abandon your "diet" within a few weeks, months, or years.

*By: Charles StuartPlatkin*

"Planning brings your future into the present."

## Whole Body Fitness Specials

**Providing Excellent Personal Fitness Training  
and Nutrition Services in Newport Beach/Orange County since 1999**



### Why work with a Personal Fitness Trainer?

When you hire a personal trainer you are not just purchasing their physical presence and guidance through your workouts but also their education, experience, knowledge and expertise with program development and design.

A Personal Trainer will conduct an initial fitness assessment by gathering your lifestyle history and listening to what you want to accomplish. Your trainer will then create a personalized fitness program custom tailored around your specific needs and goals.

Once your program is created, your trainer will explain methods, principles and reasoning behind every aspect of your program's design and execution.

As you progress, your trainer will monitor your improvements and fine-tune your program as needed by making the necessary adjustments in order to help you advance to the next level.

Because your trainer has a vested interest in your success, they are just as motivated about your pending body transformation as you are. Together, you will work side by side as a team in a joint effort to ensure you achieve the personal and fitness goals of your dreams.

[Link to our Specials Page](#)

## *Business Spotlight*



Watch "Fitness Wave - the Movie" to see Lisa and learn more about hydrostatic body composition testing

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## Whole Body ... Motivation

### How to Increase Your Motivation to Exercise

Motivation isn't something that just happens to you, but something you create for yourself. Exercise may be all about moving the body, but you won't get anywhere until you move your mind first. Getting past your mental roadblocks can open the door for new ideas and new attitudes.

**1. Accept the fact that you have to exercise.** If you spend most of your time sitting and you want to lose weight and get healthy, exercise is a must. Nothing, no pill or diet or surgical procedure can take the place of being active. Making peace with that fact often makes doing it a little easier, and the good news is your choices abound. Exercise doesn't have to happen in a gym or take up hours of your time. Knowing you can create your own exercise experience may help you get up and get moving.



**2. Acknowledge your lifestyle.** In the past, we had more reasons to move. We had to cut our own grass, wash our dishes by hand, walk to and from school through eight feet of snow uphill both ways -- oops, that's my grandmother talking. The point is, things are different today and we can't go back to the past. Most of us aren't going to get rid of our computers, TVs, cars and cell phones and that isn't necessarily the answer. After all, these things are useful and important to us. But, these things can contribute to our health problems if we let them take over. Acknowledging your responsibility as well as a need to find balance brings you one step closer to changing how you live.

**3. Make exercise mean something to you.** For many people, exercise is a means to an end -- a way to lose weight and get that perfect body...or at least a better one than they have now. Future goals are nice, but there's another part to the equation that, when missing, makes exercise hard to stick to: Purpose. In other words, your workouts need to have value, regardless of whether you ever reach your desired goal. Always working for some future, intangible thing isn't enough - we need it to mean something now.



So, what does exercise mean to you besides a way to lose weight? Is there any value, outside of your weight loss goals, to working out? For me, exercise is a way to reduce stress and keep my energy up. For you, exercise might be the only time you get to yourself each day. Find your own value and meaning and you'll find your motivation.

**4. Find your own exercise path.** Too often, the mainstream idea of exercise involves things like health clubs, cardio machines, fitness classes, etc. That's unfortunate if the thought of doing those things makes you cringe. Here's some good news -- you have the freedom to do whatever activities you like. If you hate the gym, you don't have to join one to get fit. If you hate the repetition and boredom of machines, you can try more interactive things like basketball or spin class. If you like to keep things simple, you could take several walks throughout the day or add some laps the next time you shop at the mall. Find out what *you* like and forget the rules.

## Getting Started

Reflecting on your mental exercise blocks is all well and good but, while you're chewing on that, why not take small steps towards a more active lifestyle? You don't have to turn your whole life upside down. Instead, learn about simpler, smaller ways to start living a healthier lifestyle.

There's no question that life is different than it used to be, but that doesn't mean we can't take control of our health and fitness. All the new technology that keeps us so sedentary also offers us even more ways to be active. We now have streaming fitness videos, podcasts, fitness video games and a variety of health clubs to fit every need and budget. There's something out there for all of us once we take the time and effort to look.

*By Paige Waehner, About.com*

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## Whole Body ... Health

### But Don't Know Why? 15 Easy Ways to Boost Your Energy

If daily fatigue drags you down without there being a medical reason, you may be surprised to learn how a few simple lifestyle changes can boost your energy. Incorporate a few of the following 15 ways and see for yourself how these changes can easily boost your health.

#### 1. Manage Stress Better



Everyone knows that emotional and physical stress sap your energy. And while controlled stress isn't a negative, too much stress can make you sick. Bodies under stress pump out hormones, such as cortisol and adrenaline. Also called the "fight and flight" or "stress" hormones, they serve the physiological purpose of preparing the body for an emergency. High levels of cortisol, however, are associated with multiple health risks: They promote the development of visceral fat or internal belly fat; cannibalize muscle protein; and can shrink the hippocampus, an important part of the brain needed for memory and thinking. Mind-body exercises, such as yoga, Pilates, tai chi, a walk by the beach or in the woods, have all shown to be excellent stress-relievers. Even deep breathing exercises can do wonders for quick relief when stress levels run high.

#### 2. Sexual Activity

Good sex isn't just fun, but offers multiple health benefits. Researchers from Scotland found that sex can reduce stress and lower blood pressure. Having sex once or twice a week has been linked to higher levels of an antibody called immunoglobulin A or IgA, which protects against colds and other infections. Sex may not be the best exercise to shed off extra pounds—30 minutes of sex only burns about 85 calories—but it can certainly enhance your mood and boost energy levels.

### 3. **Get a Massage**

A massage not only helps melt stress away. It can do wonders for overworked muscles and a tired mind. Whether a massage is part of a girl's spa day, a couple's treat or precious time devoted to yourself, a massage makes for a great gift to your mental and physical health and that of loved ones.



### 4. **Exercise**



Even a brief bout of exercise (as little as 10 minutes) can bolster your energy and heighten your mood. Performed regularly and combined with healthy eating, exercise is a sure recipe for a healthier, happier lifestyle. Aerobic workouts, such as swimming, biking and running will make your heart stronger and allow it to pump more oxygen to your body; regular strength-training will make your body leaner and more toned while providing the strength needed to perform everyday activities, such as lifting your children, carrying groceries and luggage, etc.; Yoga, Pilates and other mind-body exercises not only enhance your flexibility and balance, but help calm your busy mind. It's never too late to start exercising. To achieve health benefits, the government recommends that adults perform at least 2.5 hours of weekly moderate-intensity physical activity, such as brisk walking, and twice weekly muscle-strengthening activities. More exercise will lead to even greater health benefits. New exercisers should consult their physicians first.

### 5. **Eating Right Starts With Breakfast**

You've probably heard it before: A healthy breakfast is the most important meal of the day and for good reason. You wouldn't embark on an eight-hour drive with an empty tank of gas. Similarly, coming out of an overnight fast, your body's energy reserves are low. Given that your energy levels tend to peak between 7 a.m. and 10 a.m., it is critical to start the day with a healthy breakfast: Oatmeal and fruit; a healthy, low-caloric cereal; or light breakfast sandwich are all great choices. If you're an early riser, why not get a workout in before work to boost your energy? Morning exercisers may want to eat a light snack an hour before their workouts for energy and a healthy breakfast within the first hour post-exercise to prevent afternoon fatigue. Non-breakfast eaters not only risk feeling sluggish all morning, but are prone to binge-eating at lunch and constant snacking throughout the day, because they put their bodies into starvation mode.



### 6. **Avoid Eating Big Meals Throughout the Day**

If you're subscribing to the adage of eating three big meals a day, you may be surprised how eating smaller, but more frequent meals throughout the day can make you healthier. Researchers have found that eating smaller portions and healthy snacks help stabilize blood sugar levels throughout the day, which is critical for mental performance and mood and can help you maintain your energy levels.

### 7. **Take Naps**

If you haven't tried it, you'd be amazed what a 10-15-minute "power nap" can do for extra energy. For a quick energy surge, put your head down, close your eyes, or better yet, cup your hands to cover your eyes, while napping.

### 8. **Sleep**

The lack of a good night's sleep can ruin an entire day. Researchers recommend that most people need 7-8 hours of sleep to be fully rested. Insufficient sleep, or less than six hours a day, can be detrimental to your health and productivity.

### 9. **Body Clock**

Most people spend their days feeling energized during the mid-morning up to lunch, wanting a siesta during the mid-afternoon, and getting a second surge of energy later in the day. So why not use your natural rhythm to make the biggest gains: Schedule important meetings early, make time for exercise when you're energized or need a boost, and eat healthy snacks. If you're a morning person, hitting the gym or going for an early morning run may be just what the doctor ordered for starting your day off right. Night owls may sleep in later, but should still make time for exercise later. Keep in mind that a workout too close to your bedtime and eating late may interfere with your sleeping, so work with your natural rhythm.

### 10. **Energy Drinks**

Energy drinks, such as Red Bull and Monster, may be all the rage for a quick energy burst, but could potentially cause health problems. Since these products are not regulated by the U.S. Food and Drug Administration, there is no guarantee that they are safe and beneficial. In some people these stimulants can cause heart palpitations, elevated blood pressure and muscle tremors. It's a wise practice to consult your doctor before using any stimulants to boost your energy.

### 11. **Get Your Fluids**

Not drinking enough? Dehydration can make you feel sluggish throughout the day. Drinking roughly half of your body weight in ounces of fluid per day (e.g., drink 75 ounces of fluid if you weight 150 pounds) is critical to your energy levels and good health. Water is generally the ideal fluid choice (even for exercise unless your workouts are intense and/or longer than one hour). Don't like the "taste" of water? Then you may consider drinking flavored waters or sports drink. Yet, be aware that added flavor may come at the expense of extra calories.



### 12. **Listening to Your Favorite Tunes**



Music evokes various thoughts, feelings, and moods. It's no accident that many athletes plug in the tunes prior to a competition to get aroused or focus, depending on their individual goals and needs. So if you're in a bad mood, playing a favorite tune may be all you need to lift your spirits.

### 13. **Wearing Bright Colors**

While a little black dress can make women feel sexy and powerful, psychologists have long found great meaning behind all hues. For instance, while the color red attracts attention, stimulates breathing and a faster heartbeat, it can hurt you during negotiations and confrontations. Blue can be cold and depressing, but also sends soothing messages to your body. Wondering why hospital halls are painted green? Green has shown to be soothing to patients. Yellow may help speed up your metabolism and enhance concentration, but scientists believe that yellow can also make you lose your temper quicker. Purple connotes royalty, wealth and sophistication, but can also appear artificial. Brown is the color of earth, but can also make you sad.

Which color will brighten your mood today?

### 14. **Get Organized**

Being unorganized not only creates unnecessary stress in your life, but can quickly drain your physical and mental energy levels. Prioritizing tasks, keeping a daily planner for appointments, and organizing your work space, all save you the headache of trying to remember every detail while creating precious free time for fun activities.

## 15. **Playing**

Have fun. Laughing, playing around, and enjoying time with friends and loved ones can all brighten your day. Find whatever fun activity lifts your spirits, brings joy to your life. Do it often. A happy life will lead to a sound mind and a sound body.

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