



Everyone experiences interruptions in their exercise and workout schedules.

How can you keep exercise a priority when your workout schedule changes? How little can you get away with in order to maintain your fitness level?

You start losing fitness in about 2 weeks if you stop exercise altogether. It takes nearly 3 times as long to recondition as it took to “detrain”. If you need to reduce your training time for a couple of weeks, don’t worry, you’ll get back to your current fitness level pretty quickly when your schedule returns to normal as long as you **don’t stop exercising altogether!**



Make Exercise a PRIORITY:

1. Exercise in the morning – far more likely to do it!
2. Use the SMART (Specific, Measureable, Achievable, Realistic, Time) principle to set some real goals!
3. Schedule exercise ON your calendar!
4. Ask family & friends for support and accountability!
5. Make exercise a family activity!
6. Exercise at home or in the hotel to save travel time! (Check out our “[At Home](#)” workout!)
7. Maintain a balanced attitude and enjoy a variety of shorter workouts!
8. Use the time off to rest, cross train OR to combat overtraining!



MAINTAIN Fitness During Breaks:

1. MINIMUM – perform 2 high-quality, high-intensity, 30-minute training sessions per week for up to 3 weeks and you should be able to maintain until you can resume your usual program.
2. Try 30-second sprint training sessions 2x/week!
3. Try interval training routines 2x/week!
4. Try any short, high-intensity workouts in order to burn more calories in less time!
5. Use the days you can’t exercise for rest and recovery. Keep high intensity days 2-4 days apart for maximum benefit!
6. Don’t skip exercise for more than 3 weeks or you will see an overall decline in fitness that will take some effort to regain!

(sportsmedicine.about.com)

Fit Fable

Weight training will make me “bulk up”!



Some women avoid weight training because they don’t want to bulk up. However, strength training is a critical element to maintain a healthy weight and strengthen your body. What researchers know is the average woman doesn’t typically gain size from strength training because she doesn’t have the amount of hormones necessary to build massive amounts of muscle. Even men have a tough time gaining muscle and it’s something you have to work very hard to achieve, male or female.

(About Exercise.com)



Fit Fun

Quick & Easy Quesa-Dias

1 pkg	10” tortillas, Spelt, rice or sprouted grain
1 ¼ cup	pesto, spicy tomato sauce, or salsa
1 cup	shredded cheese
1	sweet pepper &
1	small onion cut into thin fingers
½ cup	coriander or parsley
Opt:	chopped fresh jalapeno, ground pepper, sea salt

1. Lay out half of the package of tortillas and spread the pesto or sauce evenly over each tortilla.
2. Divide cheese, peppers, onions, herbs, jalapeno, pepper and salt over each tortilla. Top with the remaining tortillas, press together and brush lightly with oil (olive or grapeseed).
3. Use cast-iron/non-stick fry pan or BBQ on med-high heat. Cook 2-4 min or until you see tortilla puffing slightly, carefully flip and cook other side until golden brown. Cut into 4-8 wedges! (canfitpro March/April 2010)

Get Fit

“Beach Body ON the Beach” workout!

We want to hear from YOU! Have we given you “food for thought”? Ask us your BIG fitness questions!!

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