

FIVE Truths You NEED to know

1

It's going to take hard work – exercise isn't easy. In order to achieve healthy, long-lasting results, you will have to push past mental and physical discomfort, overcome obstacles, sweat, experience muscle burn and delayed onset muscle soreness and work really hard. We call it "workout" for a reason. It's work!!

2

Healthy eating is an important part of the picture. A lot of people are programmed to think that if they burn the extra calories at the gym, they can eat whatever they want. In fact, their results will be slower if they don't eat healthy at least 80% of the time. If you want to get the best results possible, clean up your eating habits!

3

It's a lifestyle – exercise and eating healthy are a way of life. What this means is that your fitness endeavor doesn't end when the goal is achieved; it continues for life. Focus on the lifestyle change and not on the "diet" mentality where you do something for four weeks and then stop. Those last 10 pounds can come back on quicker than they came off if healthy eating and exercise are over after a few weeks. This is your new way of life!

4

Results take time – if it really only took five minutes to achieve lasting fat loss, there wouldn't be fitness centers and there certainly wouldn't be an obesity problem. With fitness, you really do get out what you put in. If you put in the time and do it properly, you will see the results. The results will come, but not overnight. Set realistic goals, don't just focus on the scale and measurements and PERSEVERE even if you aren't noticing the changes you had hoped for. If it took five years to put on the weight, it isn't realistic to expect major fat loss in only five weeks.

5

Exercise needs to be a priority – Family, friends, work and life's many responsibilities fill our time and can very easily consume it. The number one reason people don't exercise is because they say they don't have the time. Let's face it, no one really has the time unless they make it. The difference between those who fit exercise into their day and those who don't is simple; it's either a priority or it's not. Making time for exercise is making time for you, and YOU are important!

(can-fit-pro, Jan/Feb 2010)

Fit Fact

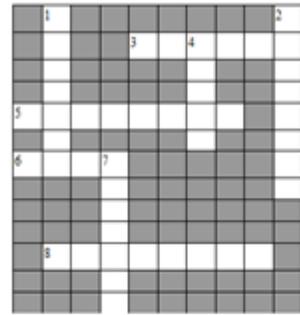


Do you feel better about artificial sweeteners because you feel like you are watching your weight?

They are supposed to help with weight loss but they might actually hinder your efforts. Artificial sweeteners can trigger cravings for sweet foods. When you believe that you are drinking something that's not-so-bad for you, you are more likely to overindulge in unhealthy "rewards". The fake sugar can also cause headaches, diarrhea and upset stomach in people who are sensitive or intolerant. Best to go easy all around on the sweet stuff.
(Fitnessmagazine.com)



Fit Fun



ACROSS

- 3. A traditional upper body exercise with many variations that uses chest, back, triceps and shoulders
- 5. One of the BEST calorie blasting cardio methods that involve varying grade and/or speed
- 6. Just as important as the exercise and nutrition is taking the time to recover and _____
- 8. Tara Smart and Janelle Konkel.

DOWN

- 1. When lifting weights, it's important to work the front AND back, and left AND right to achieve _____
- 2. A SUPER fun group fitness class that incorporates intervals and can burn more than 600 calories in an hour.
- 4. A lower body exercise that involves bending at the knees with a straight back and upright chest.
- 7. Someone who can instruct, direct and ensure proper technique

Check out konquestfitness.com to find the answers!

Get Fit

Stay tuned for our next issue on "Making Exercise a Priority" AND a beach workout!