

MID-WILLAMETTE VALLEY

yourhealth

MONTHLY

**What
Color
Is Your
Tea?**
White is the
New Green

The Secret
Benefits
Of Saying
'NO'

ARE YOU
TAKING
CARE OF
YOUR
EYES?

AURA
READINGS
**What You
Can Learn**

WHICH
SWEETENER
WON'T
BITE BACK

2011:
NEW YOU

- Make Your Fat Work for You
- What's Your Dosha?
- 5 Easy Changes to Make Right Now

Fit in

5

Fitness instructor and wellness coach Jackie Keller offers easy ways to start up (and stick to) your “Get Fit” goal.

Resolutions stink. It's not just the impossibility of keeping them. Not knowing how to get started can immobilize our efforts.

This year, forget the word “resolution” altogether—and the unpleasant thoughts it calls to mind. Instead, focus on how you're going to get where you want to be by setting mini goals.

1

TALK TO A TRAINER

Your first step may be to consult a professional. Everyone's body is different, and working with a well-qualified trainer can help ensure that you'll avoid common injuries and produce significant results in a reasonable amount of time.

It can also yield significant savings. Creative options include splitting personal training sessions with another person or trying group exercise classes to supplement private training.

2

PLACE AN ORDER

Functional, or suspension, training is among the top trends of the year, according to the American Council on Exercise. Celebs like Jennifer Lopez and Jaime Pressly have toned up using this method of leveraged body-weight exercises.

Best part is, you can complete this effective workout in the comfort of your own home with the right equipment. You can purchase a home equipment package, complete

with instructions for hundreds of exercises that can be adapted as your fitness level improves.

A note of caution: Be mindful of body mechanics—doing these exercises without proper form can lead to injury. Follow step 1 and set up a basic session with a fitness professional before purchasing.

3

HAVE ANOTHER GOAL IN MIND

Avoid oversimplifying your exercise goals—they're harder to abandon if your sights are set on something specific.

Maybe you want to shop at a certain store, feel sexier or fit into a favorite dress for a future event. Or maybe there's an upcoming charity walk, run or bike race you can start training for. Set a goal and stick to it.

Keep in mind that goals will shift as you lose weight and tone up so keep setting new ones. Always have something to reach for and there will always be a reason to do it.

4

MAKE AN APPOINTMENT

Wellness coaching is becoming increasingly more prevalent, but it's not for everyone. If you're more of a “teach me and I'll follow” type, a personal trainer might be more of what you're looking for.

Certified wellness coaches, on the other hand, provide a resource for people who want to develop their own strategy to get fit, among other lifestyle changes. Type Wellcoaches into your Google browser to find a certified coach in your area.

5

BUY NEW TOYS

So maybe gadgets and gizmos aren't necessary for your workout, but they can help you stay motivated. The American Council on Exercise reports that using the latest technologies and even buying yourself some stylish new exercise gear can make your workout more fun and challenging. Be on the lookout for pedometers, heart rate monitors and iPod accoutrements. ☀

Jackie Keller is founding director of lifestyle program NutriFit, LLC, based in Southern California.



Health Maximizers

Make small adjustments in your daily life to help you meet your fitness goals.

- Abandon the use of the word "diet." Think "lifestyle" instead. Diets are traditionally temporary; lifestyle changes are ongoing. You have to learn to live with food as you cannot live without it.
- Eat fruits and vegetables in abundance, and buy carefully—think organic or sustainable where possible.
- Develop a social circle that follows a healthy lifestyle. Study after study proves that social support is critical to success.
- Sleep deeply. Getting adequate rest regularly greatly impacts your ability to make good decisions about your health (among other things).
- Schedule exercise daily, just as you brush your teeth daily. It's as important for your body as other health habits.
- Work with a buddy, trainer, coach or all three. You set yourself up for success when you surround yourself with people who will support your efforts, not sabotage them.

