



Get Fit and Enjoy the Journey

It's that time of year again. The sun is bright, spirits are high, the stars are aligned, and the setting is just right for an endorphin filled run or fitness program to jump start your life. During the summer months many of us are really starting to pay attention to our waist lines. Pondering the right way to go about shrinking it down and displaying some well earned abs. The disappointing news is that there is no easy way to do this. No magic pill. No crash diet. No quick fix. It takes good old fashioned hard work. The good news is that it doesn't have to be a complicated science project to achieve the results that you want. My momma always said to, "Keep it simple". Remember this: if everything in life were easy, there would be nothing worth earning.

The most important part of your fitness journey is going to be your nutrition path. This will serve as the make or break point in your success. Let's look at some of the basics that most of us know:

1. Stay away from excess sugar.
2. Drink plenty of water.
3. Eat frequently throughout the day.
4. Eat lots of fresh fruits and vegetables.
5. Avoid processed foods containing: Trans fat and hydrogenated oils.
6. Avoid eating fast food or at restaurants on a regular basis.

Nobody is saying that you have to lock yourself in your house and eat nothing but rabbit food for the rest of your life. The key here is to find a good balance for *your* body. Everybody is different so what eating habits work for you may not work for the next person. The best plan is to use common sense. If the food is fried, covered in sauce, cream, or frosting don't eat it. If you are going out to eat try and look up the menu before you go and look for a healthy option to order when you get there. That way you don't even have to look at the menu with all the fancy pictures of unhealthy food. It helps you avoid temptation. The simplest way to get portions right is to use the hand and fist method. With every meal get a protein source the size of your fist with a vegetable source the size of your open hand. If you are having fruit keep the portion size no bigger than your fist. When you are eating the more starchy carbohydrates (rice, oatmeal, etc.) it should be the size of your palm. Good eating starts with planning. Plan your meals ahead of time and prep them before you leave for your day. Then you will have your healthy choices at your disposal and not be tempted to make bad choices. Also, remember to drink plenty of water each day.

That will then lead us into the exercise portion of our program. In order to lose weight and crank our metabolism into overdrive we want to workout at a good intensity level to force our bodies to adapt and change. The key is efficiency when it comes to working out. We want to burn the most calories in as little time as possible. Let's face it; none of us want to spend 2-3 hours a day in the gym or on the pavement. Most of want to get the job done and get on with our day. So let's make the most of our time. You are probably asking, "Then what are some of the most efficient ways to workout? There are many different training philosophies and methods cluttering the airways these days. None of them are more tried and true than these three: circuit training, interval training, running, or your best case is a combination of all three. The best thing for you to do is try and find a local gym that offers a program that will suit your needs and hopefully cover all the training that you need. The most important thing when choosing a workout program is finding something that you like doing. If you like what you're doing you are more likely to stick with it and reach your goals. If you dread your exercise program you will more than likely quit before you can ever see your hard work come to fruition. What works for a lot of people is finding an event to compete in and work towards that goal. Whether it is a marathon, a triathlon, or a 5k and 10k like the Run Rocklin. If you give yourself a deadline you will have something to look forward to. With a little motivation and the right environment you can start down a path to change your life for the better. Health and long life await you. Get up, get out, and get in shape. The hardest lift of the day is getting your butt off the couch or out from in front of the computer. Do that and the rest will fall into place.

In Health,

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