

STORM FITNESS HEALTH & FITNESS NEWSLETTER: 1/06; Q1

"A Health & Fitness Newsletter filled with Insider Tips On How To Stay Looking Great
and Feeling Young"

IN A HURRY? DON'T HAVE TIME TO READ THE NEWSLETTER RIGHT NOW?
JUST PRINT THE NEWSLETTER OUT, TAKE IT HOME WITH YOU AND READ
IT AFTER DINNER OR BEFORE BEDTIME THIS EVENING!

Greetings Clients and Friends,

Happy New Year and welcome to the first 2006 edition of the Storm Fitness Newsletter. I hope that your holidays were enjoyable and everything you imagined they would be! Can you believe that 2006 is already here? I am sure many of you are dealing with setting and trying to keep your New Years Resolutions. I am also sure that many of you are already struggling to stick with these resolutions. In addition, you are being bombarded by companies touting their latest diet pill or drink that will help keep you slim and trim. Or, maybe you are already seeing the infomercials with the latest fitness product that will give you a total body workout in just 5 minutes a day.

If you are one of my clients I have already given you the knowledge and tools you need for a successful start to the new year. You also have not fallen prey to the thousands of fitness marketing schemes you will find out there this time of year. And, if you are one of my clients you know that you will never have to make a New Years resolution ever again because you already have the knowledge and power along with a fabulously fit body. So, if you already feel like you failed or blew it, you didn't and it is not your fault, you were just misinformed.

The very truth of it all is that the answer is not in any pill or fitness product - you contain everything you need to get fit right now at this very moment! It is buried somewhere deep inside of you just waiting to bust out! Dig out that motivation, find what it is that's been keep you from getting healthier and fit and leading that life you always imagined you could live.

This month's newsletter is packed with GREAT tips that I give to my clients during thier workout. These tips will help you with your workout program, get you on the right motivational track and keep you up to date with the tools and knowledge you need to get and keep healthy so that this time next year when everyone else is making new years resolutions, I will make sure that you are loving your body!

I would like to thank all of you for your loyal support to Storm Fitness over the 2005 year. It has been a pleasure working with you, coaching you and helping you with your fitness journey. We look forward to helping you continue that journey in 2006! Remember we are always here, to listen, answer questions and give you that extra push you need to keep fitness and health in your life for good - not just for a few weeks or months.

Storm Fitness would like to wish each and every one of you a fabulously fit 2006!

Yours in Health and Fitness,
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NEW YEAR NEW YOU!
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In This Issue:

- ~~ 4 Sizzling Hot Tips For Fat Loss!
- ~~ Q and A: How Long Will It Take Me To Get In Shape?
- ~~ Q and A: Am I Doing the Right Type of Cardio?
- ~~ Tips for Starting A New Exercise Program.
- ~~ Tone your Buns, Hips and Thighs Super Effective Workout Program.
- ~~ Healthy Treats - Chicken Pepper Skillet.
- ~~ Healthy Treats - Grilled Pineapple Slices.
- ~~ Take A Trivia Quiz and Win!
- ~~ Healthy Resolutions for the New Year!

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4 SIZZLING HOT TIPS FOR FAT LOSS
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1) TRAIN WITH WEIGHTS

Working out with weights when trying to lose body fat has many benefits. First, an intense weight training session burns calories during the actual workout. Second, is that intense weight training elevates your metabolism for up to 39 hours after your actual workout. In other words, because of the intense weight workout, your metabolism has been stimulated where you are now burning more calories while you are doing nothing.

Carbohydrates power intense weight training sessions. The more intense the session, the more you deplete your carbohydrate stores and the more fat is burned during the recovery phase, i.e. after the workout. In other words, as the intensity of the training increases there is a proportionate increase in fat burning after the workout. One study showed that 15 exercise sessions per month (50 minute sessions at 50 percent of oxygen uptake) could lead to an extra 2 plus pounds per month of fat loss, strictly from the elevated metabolism and extra calories burned - while doing nothing! That's an extra 26 pounds plus, of fat burned per year.

Another extremely important aspect of fat loss that occurs from training with weights is adding lean muscle mass to your body. Lean muscle is "metabolically active", i.e., muscle burns calories even while doing nothing. So, the more lean muscle you have, the higher your resting metabolism and the more calories you burn each day while doing nothing. Studies have estimated that for each pound of muscle that you add to your body, you burn another 35 to 50 calories per day while doing nothing. So, an extra 10 pounds of muscle will burn approximately 350 to 500 calories a day, or an extra pound of fat every 7 to 10 days, without making any other changes.

This is essential to taking off the fat and keeping it off. You see, when you add muscle to your body, you greatly increase the number of calories your burn each day. So, once you achieve your fat loss goals you can start eating more healthy food without putting the fat back on, as long as you have built muscle and continue to maintain it! On the flip side, if you don't train with weights while dieting and losing weight, two very bad things will occur. First, at least half of the weight you lose will be muscle. And this causes number two, which is that your metabolism gets slower, causing progress to eventually grind to a halt, leading to gaining all the weight back and more. So, as you can see, training with weights is an extremely powerful and necessary component of any successful weight loss program.

2) DRINK MORE WATER

I know, I know, we've all heard this one over and over again. But how many of us really drink enough water? I'm talking at least TEN 8 ounce glasses of water a day, minimum. You should really try to take in a full gallon of water each day. Why, you ask? Let me count the ways. First of all, our bodies are over 70% water. That should tell you something right there. And you all know that you can go much longer without food than you can without water. The body needs a lot of water in order to maintain its daily functions efficiently. In addition, water helps to flush out harmful toxins, as well as prime the body for fat loss.

If your body isn't getting enough water, it does everything it can to hold on to the water it does have. The problem with this, is the way it holds onto the water. You see, over 70% of your muscle is made up of water. It helps to give your muscles that full, pumped look (along with glycogen). However, if your body is not taking in enough water, that water is

used for other things, leaving you bloated. And the way to get rid of that excess water, believe it or not, is to take in enough water. This will rid you of that excess water weight that bloats you, and begin to help your body run more efficiently which will help it to begin dropping body fat.

Once you begin taking in enough water, your body starts dropping weight, possibly 2 or 3 pounds in the first week. Now, this is mostly water weight. However, doing so does optimize your bodily functions, allowing it to run more efficiently and start burning stored body fat for energy. Here's another little trick you can use. Instead of just drinking water, begin drinking ice cold water. You see, there is a metabolic cost to eating. In other words, the digestion of food, as you'll read about in the next tip, takes calories. Well, so does drinking ice cold water.

The body needs to heat up this water in order to be able to use it properly and doing so takes energy, i.e., calories. You can burn another 50 to 100 calories a day by drinking one half gallon to a gallon of ice cold water per day. It doesn't seem like much. However, in addition to all the other benefits of taking in enough water, by drinking ice cold water, you can drop almost a full pound of fat each month, or 12 pounds per year. Not too bad, if you ask me.

3) EAT 6 TIMES A DAY

Meal Frequency (i.e., the number of meals you eat each day) could be the most important aspect of your nutrition program. If you do this right you will build muscle, burn fat, and with a proper resistance training program, be well on your way to achieving the body of your dreams. Eat six meals a day! No excuses, no exceptions, no nothing. Just do it. I told you it was simple. You might be ready to toss me in the garbage because you already know such obvious advice. But let me ask you this, how many consecutive days have you eaten six nutritious meals? If you are like most people, probably not many.

So if you know it is an extremely important part of achieving your goals and building the body you want, why aren't you doing it more often? I think one reason is that those of us in the industry have failed in hammering home the absolute importance of eating six meals a day. Sure, we say it, but if so few people are doing it, we must not be stating our case very well.

Reason number two is making sure you are eating six proper, nutritious meals a day takes work. It takes a time commitment, among other sacrifices. And it is not just the time it takes to make the meals, or the time to eat them. It also involves other aspects of your life. For example, socializing, going shopping, playing sports on the weekends, etc. If you eat six times a day, you need to eat every 3 hours, tops. What are you going to do, sit home all day every day so you can be near your food? Of course not. But you will need to plan ahead. This could mean shopping and then cooking most of your food once a week, putting each meal in a microwavable container, and then carrying meals to work with you.

You may need to invest in a high quality thermos (or two or three) and make your favorite protein shakes to take with you when you are going to be out and about for a while, or bringing some protein bars with you instead. You may also need to withstand comments from friends and family. In our culture today, most social functions center around food - thanksgiving, Christmas, Easter, even memorial day are times to get together with friends for food. Sure, you may be able to eat some of the food available. Even so, you most likely will be around long enough for at least one other meal, in which you will need to be prepared with something you brought with you.

In general, there are three things that can lead our bodies to storing calories as fat. One would be to consume a very large meal. This alerts our body to the fact that this could very well be our last meal for a long time to come, so we better preserve as many calories as we can (as body fat, of course) just in case our next meal doesn't come for a long time. The next reason is going too long between meals. Again, this kicks in our bodies "starvation" mode and it stores calories as fat because it is not sure when it will be getting its next meal. A third reason would be a sudden and severe restriction in daily calorie consumption. Just like going too long between meals, this kicks the "starvation" mode into action, causing the storage of body fat.

Now, what do most people do when they decide they need to lose weight and go on a diet? Correct, they severely restrict calories as well as going a long time between each meal. This may work at first but eventually causes the exact opposite result that they are looking to accomplish. Their metabolism slows down and they start storing fat, even on so few calories a day. Add to this mix, that most people who diet don't add weight training to their program and you have a real recipe for disaster. Without adding weight training, at least half of the weight lost will be muscle, not fat, which slows down your metabolism even more.

If you restrict your calories too severely, even if you are weight training, a good percentage of your weight lost will be muscle, as your body doesn't have enough calories to sustain the muscle it has, let alone build new muscle. This also goes for going too long between meals. If your body goes too long between meals, not getting the necessary calories, protein, and other nutrients, it goes into a catabolic state. In other words, it starts eating your muscle for energy. This would slow down your metabolism, leading to the storage of more body fat, it's a vicious cycle. In addition, anyone who severely restricts calories and goes a long time between meals will hit upon the first reason - eating an excessively large meal, otherwise known in diet speak as binging. And most of these calories will go straight to being stored as body fat.

Now, how do you avoid these mistakes? You eat smaller, more frequent meals. If you eat every two or three hours, always having a prepared nutritious meal, shake or bar handy, you are much less likely to binge. By not severely restricting calories and adding weight training, you will lose body fat, not muscle, thereby not only preventing your metabolism from slowing down, but also speeding up your metabolism due to the added muscle from the weight training.

4) EAT MORE PROTEIN

Yes, it is important to keep your protein intake high when dieting to make sure that you don't burn off any muscle tissue in your quest to gain muscle. But that's not what I'm talking about. I'm talking about taking in protein in order to boost your metabolism and burn more fat, in addition to helping preserve and build your lean muscle tissue. A thermic effect is created when you digest your food, and it peaks approximately one hour after eating. Spreading your daily caloric intake over 6 meals a day, eating every 2 to 3 hours, helps to take advantage of the increased metabolic rate that accompanies eating. In other words, the more often you eat, the higher your metabolic rate, i.e. the number of calories your body burns each day.

In addition, by adding more protein to each meal, you also increase your metabolism. Your body requires more energy (i.e. calories) to process protein than it does to digest carbohydrates. Do you understand what that means? Think about it. Think about all those people and so called experts that have continually said that a calorie is a calorie. **THIS SIMPLY IS NOT TRUE!** Your body's metabolic rate is affected by the number of meals you eat, the frequency of those meals (how much time passes between each meal consumed) and the macro nutrient composition of those meals.

A calorie is not simply a calorie and they are not equal. Depending on the number of meals, frequency of meals, and macro nutrient composition of meals, the same person's metabolism will be different on two very different meals plans, **EVEN IF THE TOTAL NUMBER OF CALORIES ARE THE SAME!**

*** Let's review some simple changes you can make right now in your nutrition program to rapidly increase your body's ability to not only build muscle but burn fat also.***

SIMPLE CHANGES TO RAPIDLY INCREASE FAT BURNING:

1) Eat 6 smaller **HEALTHY** meals per day, as opposed to 2 or 3 larger ones. This will ensure that you supply your body with the nutrients necessary to build muscle and burn fat, as well as increase your resting metabolic rate. It will also prevent your body from kicking into "starvation" mode, which can happen when you go too long between meals. If this happens, your body will start burning muscle for energy and increase your body fat stores, as well as slowing down your metabolism. All of these are things you want to avoid. As a matter of fact, they are the exact opposite of what you are trying to achieve.

2) Eat a high protein diet consisting of at least one gram of protein per pound of bodyweight. This helps ensure that your body has the protein available to maintain a positive nitrogen balance, which can lead to an increase in your muscles mass. It will also increase your metabolic rate, allowing you to burn more body fat than a low protein diet,

without as large a decrease in your daily caloric intake, which will also help avoid the "starvation" mode discussed in the previous paragraph.

Try these simple changes in your nutrition program to help you rapidly increase your muscle mass, burn off unwanted body fat and achieve the long, lean, sculpted, sexy body you've always wanted. Or, for you men, the ripped muscular body that you've always wanted.

Health and Fitness Q & A

Q: I've just started an intense workout program (at least 4 days a week, 2 days upper body and 2 days lower body with 20 min cardio each day). I am also consuming a diet including whole grain breads, fruits, veggies, proteins. I'm 40 years old and have had 3 children. Lots of cellulite, even on my upper arms, especially thighs front & back, loose skin on my belly.

I want to firm up, tone up...right now I weigh 154 and am 5'5" tall. I'm not happy with my big thighs. I just want to be realistic, at this exercise pace/diet plan, is it possible to lose about 20 lbs? If so, how long will it take me? I know I'm exerting lots of energy, especially during cardio, fast walking, short intervals of running, I sweat LOTS. I know you'll be making an educated guess without knowing a complete list of my exercises, that's ok. Please give me just a ballpark timeline.

Regards, Mary Anne

A: First off, scrap the "weight / scales" thing. Muscle is denser than fat so when it comes to using the bathroom scales you're not going to get an accurate reading of how you're progressing with your body fat. Use skinfolds, measurements and goal clothing that you want to fit into to monitor your progress. Did you know that you can lose up to two sizes in yet still only lose around 5-8 pounds in weight! Why? Because when you create more lean muscle it burns off more calories. Which means you'll be able to burn off more body fat, making you trimmer, firmer and leaner. Because, as I have said before, muscle is denser than fat, even though you may look dramatically different the change in weight may not be that radical. **FORGET THE SCALES!**

Now for your thighs, I have no idea of your actual bodyshape, but either way if you want to really shape your thighs then perform lunges. Walking lunges, reverse lunges, round the clock lunges etc., and vary them as much as possible. You can use other exercises as well but lunges are excellent for whipping your legs into shape. Depending on your body type, if your legs are skinny but floppy, "up" the weights on the lunges, if your thighs are bulky and very fatty then perform high rep sets of lunges with no weights.

As for your tummy. I am not sure what your circumstances are here. If you've had a C-section then it is hard to firm this area up because of the muscle damage. But you can lean up this area - which can make a decent amount of difference. If you've not had c-sections or any muscle damage performed to this area of your body then you can - if you train hard - tone and firm your abs dramatically.

Oh before I go... one more thing... make sure that towards the end of the day i.e after 3pm you reduce your carb intake and fruit intake. From the afternoon onwards protein and greens / salads / veggies is best for helping slash body fat around your midsection - unless of course your doctor or nutritionist has stated otherwise for medical reasons. Sorry, no timeline or ballpark figure, individual body chemistry is unique in how it will change and lean out, but I am POSITIVE the above tips will surely help you get what you are looking for. Basically the more dedicated you are and the harder you work, the sooner you will see your results.

Health and Fitness Q & A

Q: Hey Jessica, My best friend told me that her trainer told her the best cardio is to do is the stepper or cycling. He said to continue at an average / moderate pace for at least 1 hour. I am fairly fit and am finding this really boring. Do you have any suggestions for me?

PS. I have no medical problems or injuries.

Kind regards, Subscriber

A: I would definitely recommend throwing some variety into your routine. Not only are you going to get bored with your cardio but so will your body - which will result in you plateauing. Also have a back-up plan for days when you just don't have the motivation to get creative with your cardio. For example, Tae Bo or some other video or dvd that gets the heart rate up. Make sure that you choose one that suits your fitness level.

Cardio Ideas...

a. You should make sure that most of the time you are using machines that target your upper and lower body, this will help burn more calories for you. The bike is a great exercise machine but because you are sitting Down and not vertical you will have to stay on it much longer than a Treadmill run in order to burn the same amount of calories. That said, you should still use the bike, but try adding it to your routine once or twice a week instead of 5 times a week.

b. Adjust the intensity so it varies from 70% of your Maximum Heart Rate (MHR) to 85% MHR. Doing smaller bursts at the higher end of the scale and slightly longer

recovery at the lower end. This is called interval training and it is a great fat burner, you can implement this strategy on any cardio machine.

c. Have a Hard Cardio Day! Make sure it is a day when you are fresh and have plenty of energy. Focus on performing a whole cardio session at 80% of MHR. You may need to work towards this gradually so don't go overboard on your first attempt at this.

d. The following can be performed indoor or outdoor. Choose three to four different cardio activities. Circuit them carrying out a different activity every 5 or 10 minutes. For example, if you were indoors you could do 10 minutes of the bike, 10 minutes elliptical and 10 minutes of treadmill. It is a great way to keep your body from getting bored and to use different muscles.

e. Vary the times of your cardio sessions. Aim for 30 minute shorter harder sessions all the way up to 50 or 60 minute longer sessions that are at a slightly easier pace.

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HEALTH TIPS: TIPS FOR STARTING AN EXERCISE PROGRAM!

- 1) Take pictures and use these to monitor your progress (see tip #6)
- 2) Buy a pair of pants that is one size too small. Then, periodically try this pair on until you can fit. Then, buy the next size down.
- 3) Take waist, biceps, and other measurements. The waist should always be going down, never going up, as you drop your weight.
- 4) Find examples of other people who have lost similar weight. Read their stories. Look at their pictures. Talk to them and learn what to realistically expect.
- 5) Remind yourself of the time it took to gain the weight, and don't expect to lose it any faster.
- 6) Look at other indicators of progress. If you did not lose a pound this week, think of the fact that other changes are happening as well - you may be reducing your cholesterol, lowering your blood pressure, and in general, improving your health.
- 7) Don't give up. Focus on progress, no matter how slow, and keep in mind that every pound you lose, no matter how long it takes, is another pound of unwanted fat you will not have to deal with again!

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Tone Up Your Buns, Hips and Thighs with this Super Effective Program!

Billions (not millions) are spent every year by women of all ages on products marketed as the miracle cellulite cure. If you are reading this article, it would be my guess that you have chipped into this emotionally based, dollars for hope exchange. But, as painful as it is to admit, we all know what happens. You buy them and they don't get the job done. Anti cellulite pills, lotions, gadgets, rubber tights and other silly money wasters that sell you hope and nothing else. The truth is, your best weapon in your battle against unsightly cellulite is a smart, realistic, consistent and properly structured exercise program.

Now, I understand you may not have the time to go to a health club every other day (maybe you do, but you're just not motivated enough). Or, maybe you are intimidated by all the machines and weights. Whatever your excuse is for not exercising, its time to drop it and get started on a simple workout program that will yield visible, consistent and permanent results, results that cannot be matched by any magic pill or potion. The best part, you can do it all in your own home, no excuses and no wasted time driving to the gym.

I've put together a bun, hip and thigh routine which you can use as a starting point in your new approach to changing your biggest problem areas. Or if you are already on an exercise program you can incorporate into your current workouts. This routine specifically targets the areas where the appearance of cellulite tends to show up. Keep in mind, I've been training people for over 10 years and gained most of my knowledge from the best of the best in New York City where I worked with big time CEO's and Actors to help get them into shape. Speaking strictly from experience, I can tell you that the following routine is responsible for helping many women dramatically change the appearance of their cellulite areas.

Lying on your side, do 15 reps of each exercise:

- 1) Bring both knees forward so your hips are at a 90 degree angle. Then straighten your top leg out in front of you, still keeping 90 degrees at the hip. Lift the top leg slowly about three feet off the ground & down.
- 2) Straighten both legs so your body is in a straight line. Tilt the hips forward slightly. Lift the top leg about three feet off the ground & down.
- 3) Put your top leg out in front of you, on the ground. Move your bottom leg forward slightly. Lift the bottom leg about 8 - 12 inches off the ground & down.
- 4) Repeat all 3 on the other side.

On the elbows and knees, do 10 reps of each exercise:

- 1) Extend one leg straight back with your toe on the ground. Lift that leg up toward the ceiling & down. Then switch legs.
- 2) Lift your knee off the floor. Extend that same heel back and up so your foot is pointing toward the ceiling & then bring the knee back into you. Then switch legs.

Standing up, do 10 reps of each exercise:

- 1) Start with your feet together. Step out in front in to a lunge position. Touch the ground with opposite hand. Come back up & step back to the starting position. Then switch legs.
- 2) Put one foot up on a step (12 - 18 inches high). Slowly step up and down with the other foot. Then switch legs.

If this routine is easy try going through it twice. If you still need more of a challenge, increase the reps to 20 or 25 per set. Try to do it 2 - 3 times per week, preferably three times. For more of a challenge, try holding 5 or 10 lb hand weights while doing the standing exercises and adding 3-8 lb ankle weights while doing the floor exercises.

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Healthy and Tasty Treats

CHICKEN PEPPER SKILLET

Ingredients:

- 1 tablespoon vegetable oil
- 12 ounces skinless, boneless chicken breasts, cut into 1/2-inch strips
- 2 garlic cloves, finely minced
- 3 bell peppers (red green and yellow) cut into thin strips
- 2 medium onions, sliced
- 1 teaspoon ground cumin
- 1 1/2 teaspoon dried oregano leaves
- 2 teaspoons chopped fresh jalapeno peppers
- 3 tablespoons fresh lemon juice
- 2 tablespoons chopped fresh parsley
- 1/4 teaspoon salt
- Freshly ground black pepper to taste

Instructions:

In a large non-stick skillet, heat oil over medium-high heat; add chicken and stir-fry until done and lightly browned, about 3 to 4 minutes. Add garlic and cook 15 seconds, stirring constantly. Add bell pepper strips, sliced onion, cumin, oregano, and chilies. Stir-fry for 2 to 3 minutes or until crisp tender. Add lemon juice, parsley, salt and pepper; toss to combine well and serve.

Servings: 4

Nutrition Facts:

Amount Per Serving: Calories 174

Fat 6 g, Cholesterol 60 mg,

Sodium 168 mg

Courtesy Of: www.cooksrecipes.com

DESERT: GRILLED PINEAPPLE SLICES

Ingredients:

2 Tbs. brown sugar
6 fresh pineapple slices, 1/2 inch thick each

Instructions:

Prepare grill. Sprinkle brown sugar onto pineapple slices and place on grill over medium heat. Cook about 10 minutes, turning slices occasionally, until browned on both sides.

Nutrition Facts:

Amount Per Serving: Calories 71

Fat 0.0 g, Cholesterol 0 mg,

Sodium 10 mg,

Courtesy Of: www.mealsforyou.com

Take Our Trivia Quiz and Win

Each quarter I'll give you a new health or fitness related trivia question. The first person who calls my office with the correct answer will win a free \$70 reduction on any personal training service I provide (one certificate per person, please). And best yet, your certificate is transferable. Use it yourself, or give it to a family member, friend or neighbor and help them reach their fitness goals (a truly priceless gift). Take your best guess, and then call me at 703-869-8376.

Here's this quarter's Trivia Question:

How many miles of blood vessels does the human body have?

Call me right now with your answer; if I'm not in, my answering machine will date and time stamp your message. Good luck!

ACHIEVE SUCCESS: TOP 10 STEPS!

- 1) Set goals
- 2) Keep a journal
- 3) Educate yourself
- 4) Move your body
- 5) Eat, but eat smart
- 6) Keep the focus

- 7) Maintain intensity
- 8) Ignore distractions
- 9) Embrace success
- 10) SUCCEED! NO EXCUSES!

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Motivational Quote:

"Nature has placed mankind under the government of two sovereign masters, pain and pleasure... they govern us in all we do, in all we say, in all we think: every effort we can make to throw off our subjection, will serve but to demonstrate and confirm it." -- John Bentham

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HEALTHY RESOLUTIONS FOR THE NEW YEAR:

As the first few months of the New Year slip away, do you find your resolutions slipping away as well? Resolutions should be reasonably attainable so that you are setting yourself up for success rather than disappointment. Try focusing on small intermediate goals that will ultimately lead you to your primary goal. Do not expect to be perfect. Aim for a healthy lifestyle that you will feel comfortable sticking with.

TAKE SMALL STEPS:

Simply establishing the goal of leading a healthy lifestyle should make you feel good about yourself. To make that goal more attainable, come up with small goals you know you can meet each day to help keep yourself feeling positive. Accomplishing the smaller goals will leave you with a more immediate feeling of success. If your goals are too large, you may get caught up in them and feel disappointed when you do not see immediate results.

Small behavior-change plans are easier to stick to than vague resolutions like (I will lose 10 pounds.) If your resolution is too large, add a plan of action that will guide you toward your goal. Rather than (I will exercise more,) try (I will go for a walk at lunch on Tuesdays and Thursdays and work out in the gym Mondays and Fridays.) This way you can feel a sense of accomplishment every day, and if you miss a day, you can get right back on track rather than feeling like a failure.

CHANGE FOR YOURSELF:

Any goals that you set should come from a sincere desire to change for yourself. Research has shown that negative feelings are a frequent cause of relapse in behavior-change programs, and resolutions that feel like punishment can cause negative feelings. All resolutions should be perceived as positive changes that will help you reach optimal health and well-being. Do not decide to change to please anyone other than yourself. And

remember, resolutions are an opportunity for you to look forward in a positive way rather than to punish yourself for past behaviors.

BE CREATIVE:

Perhaps you can find ways to exercise while also accomplishing other goals. If weather permits, try walking to do errands that are in close proximity to your home or office. Maybe you need to spend more time with your family. Try walking with a family member or bringing your children along on bikes while you walk or jog. If your goal is to make new friends, try taking classes where you will meet other people who share your same exercise interests.

BE REALISTIC:

Be sure that your plan of action is realistic. Plan to work out at times when it is convenient for you. If you are not a morning person, do not plan to work out early in the morning or you will just be setting yourself up for failure. Try to make things as easy as possible for yourself. Set your goals at reasonable heights so that you can reach them one by one without feeling overwhelmed. The only way your goal is going to become reality is if you believe in it and, most of all, if you believe in yourself. It may help you reinforce your goal if you can find a realistic role model who is actually living your goal. If they can do it, so can you!

REWARD FOR SUCCESS:

If things like weather and illness will prevent you from sticking to your plan, make alternate plans for situations that you cannot avoid. Most importantly, do not let a missed day or two throw you completely off target. Instead, do your best to get back on track as quickly as possible, which should not be extremely difficult if you have set appropriate goals.

It is easier to stick to your plan when you feel good about yourself. Try to find a new way to reward yourself when you meet your smaller goals. If you are trying to eat healthier, be sure that all of your meals are still delicious, and allow yourself a small dessert after a few days of healthy habits. Be sure to get involved in activities that keep you feeling happy and fulfilled.

BUILD A SUPPORT SYSTEM:

Get the support of your family, friends and co-workers. If your resolution involves quitting a serious addiction like smoking, drinking or an eating disorder, get professional help and join a support group if possible. Remember that you are your best supporter. You are trying to improve your own health. Appreciate what you have and then try to treat it a little bit better than you have in the past. If you take better care of your body, you will feel better and perform better at all that you do. Keep in mind that a well-thought-out resolution can be a useful tool to help you live your life the best way possible, starting from the inside.

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Well folks, that's all for this quarter! We hope you enjoyed this edition of the Storm Fitness Newsletter. Thank you again for coming along for the journey with us and we wish you a very happy and successful season with all your health and fitness goals! Again, if you need anything at all we are always here to answer any questions you might have. Keep in touch!

Yours in health and fitness,

Jessica Storm & the Storm Fitness Team

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