

WE FOCUS ON

November 2011

Aerobics: a series of strenuous exercises which help convert fats, sugars, and starches into aches, pains, and cramps. ~Author Unknown

FITNESS

MUSCLE AND METABOLISM

With the holidays fast approaching, maintaining the right balance of diet and exercise can become an overwhelming task. Adding small, effective exercises to daily activities can assist in warding off seasonal weight gain.

Energize for Exercise

1. Begin each day with fresh fruits, whole grains and protein. Include all three groups for a balanced breakfast.
2. Cut your usual portions in size by 1/3. This will limit your caloric intake, so when it's time for seconds, you'll be at an advantage.

Move it to Lose It!

1. First thing in the morning, do 15 squats to get your blood circulating and jump start your calorie burn for the day.
2. Thirty minutes after lunch every day, walk two flights of stairs, then return to work energized.
3. Refrain from buying sweets until the week of the holiday so you have to walk to the store for those guilt-tripping, yet gratifying snacks.



Questions?

Email me at hwilliams@chpnet.org for the answer in next month's letter.

1. McArdle, W. D., Katch, F. I., Katch V. L. Sports and Exercise Nutrition. Lippincott, Williams and Wilkins, 3rd Ed. 2008.