

# STEPS TO A HEALTHIER LIFESTYLE

Leading a healthy lifestyle provides a wealth of benefits—both physical and mental. Regular exercise and eating right can help you with so much more than just losing weight. Try to follow these 3 steps to a healthier lifestyle.



## 1 – GET FIT!

Exercise revs up energy, builds immunity, improves moods, helps you sleep and creates a healthy family. Cardiovascular recommendations are 60 minutes on most days, but **start off with a goal of 20 minutes 3 times per week** and gradually increase duration by a minute at a time. Free weight resistance training offers many advantages over using circuit machines. Safely progressing to free weights can offer a new challenge to your workouts.

### TRAINING TIPS

- **FOCUS ON DIFFERENT ASPECTS OF EXERCISE** — speed, intensity, resistance, etc.
- **MIX UP THE CARDIO.** Do 5 or 10 minutes each of walking/running, biking, stairs, etc.
- **TRY SOMETHING NEW.** Look around the gym for a new machine or a new class.
- **TRY SOMETHING OLD.** Has it been years since you've gone skating or biking? Grab the kids and go!
- **MAKE IT A SOCIAL EVENT.** As with most things, exercise is more fun with friends!



## 3 – STAY MOTIVATED!

Starting an exercise plan or beginning a healthy eating plan is not hard—**sticking with your new lifestyle often is the hard part.** If you start out with realistic goals, and use the many resources available to keep you on track, you can succeed.

### MOTIVATION TIPS

- **RECORD YOUR EXERCISE SESSIONS.** Put your workouts on your calendar and stick to them just as you would any other appointment.
- **JOIN FORCES.** Find neighbors or friends who will join you and help keep you accountable.
- **REWARD YOURSELF.** Pick out a goal dress or pair of jeans. Then buy it when it fits.
- **BE FLEXIBLE.** Things do come up and you might have to miss a workout. Pick up where you left off and keep going!
- **TAKE ADVANTAGE OF THE EXPERTS.** Be sure to schedule your free session with a personal trainer, and check out our group fitness classes.



## 2 – YOU ARE WHAT YOU EAT!

Healthy eating can help you feel good, maintain a normal weight, have plenty of energy for work and play and help you handle stress better. **Healthy eating is not the same as dieting;** it is making changes you can follow for the rest of your life.

### NUTRITION TIPS

- **WATCH PORTION SIZES.** Use a smaller plate, bowl and glass and take smaller portions.
- **FILL HALF YOUR PLATE WITH FRUITS AND VEGETABLES.** The fiber and fluid will help you feel full and you will benefit from less calories & more vitamins, minerals and nutrients.
- **CHOOSE THE RIGHT CARBS.** Pick whole grain bread, cereal and pasta. Cut back on high-sugar foods like soda and baked goods.
- **VARY YOUR PROTEIN CHOICES.** Eat fish, seafood and skinless chicken or lean cuts of beef such as sirloin and round. Add in some beans and peas and small portions of nuts and seeds.
- **SIP SMARTER.** Choose water or plain coffee and tea. Drink 1% or skim milk with meals for calcium and vitamin D.
- **DON'T SKIP MEALS.** Don't "save up" calories for one big meal. Eat smaller meals throughout the day.
- **KEEP A FOOD JOURNAL.** Tracking what you eat will open your eyes. Check out this great free tool – [www.thedailyplate.com](http://www.thedailyplate.com).

