

No More Excuses: Part II

Last month's newsletter was part one in an attempt to help you rid yourself of many of the common anti-workout excuses. September is one of our favorite times of year as personal fitness trainers. It's the time of year when our clients have the fewest potential excuses to skip workouts and therefore the time of year when clients can realize tremendous advancements in their personal fitness levels.

Lazy summer vacations and the countless barbeques are over. The kids are back to school. The weather is beautiful for outdoor activity and you actually have some "me" time! The holiday rush and all the stuffing, pies and cookies are many months away. Yes, this is the time of year that you can take charge **if and only if** you want to.

If you are ready to take your health seriously, here are some easy ways to make exercise and nutrition a priority in your life:

- ***Make exercise an official appointment.*** Enter your exercise session into your day planner or your electronic planner just like a business meeting. IT HELPS!
- ***Plan to eat before you're starving.*** If you wait too long between meals, you're far more likely to reach for the first thing you see.
- ***Find a "fitness friend."*** It's a lot harder to talk yourself out of a workout when you know you have to confess to your faithful partner that you won't be working out that day. Plus, it's more fun with a buddy!
- ***Don't just plan when you will eat, try to plan what you will eat.*** "Pre" prepare your meals for the next day if that is what it takes to stick to your diet plan.
- ***Drink a glass of water before you start eating.*** This will help fill you before you start eating food where all the calories await.
- ***Start a nutrition & exercise journal.*** Recording and reviewing what you eat and how much exercise you get helps keep goals in sight.

If you are thinking about getting started or re-starting an exercise program now that summer has come and gone Elite Health & Fitness Training recommends that you include all of the following in your program for optimum results:

- ***Flexibility Training***
- ***Strength Training***
- ***Cardiovascular Training***
- ***Proper Nutrition***
- ***Adequate Rest Time & Sleep***

An exercise program that neglects any of these aspects of true fitness will unquestionably keep you from reaching your physical potential. If the above list seems overwhelming to you, it does not have to be. Each individual exerciser must keep their program in perspective. A program that is overzealous in the beginning is destined to falter before results can even be felt or seen. It is paramount to make your new exercise routine something that you will not hate in a month. Remember it does not matter if you're exercising tomorrow or in a week or even next month. In order to see **real** results you need to think about the big picture and think about how you are going to be able to create a program that will keep you exercising for years to come. This type of program is NOT a pipe dream. It can and will happen with proper planning and with timely progression of your program when your body is ready for more. So, don't let time pass you by. Think about the calendar year and see if you don't agree that now is a GREAT time to start or get back on track with your fitness endeavors. If you are not sure how to get started or want to revamp your current program give us a call and Elite Health & Fitness Training will be happy to help!

-Scott Shelley, P.T.

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