

FITNESS TIPS

SET REALISTIC GOALS

Write down a realistic and achievable goal considering the length of time and the amount of weight you wish to lose. With proper diet and exercise, stress can be lessened, and you will look and feel fabulous. An average loss of one pound per week is achievable and sustainable. Variety is the key to prevent boredom and to make sure you target different muscles in your body. Your regimen should include weight and cardio training, mixed in with flexibility and stretching exercises.

MAINTAIN FITNESS ACCOUNTABILITY

To maximize the effectiveness of your program, increase the intensity for your cardio and strength-training every week. If you find yourself cutting corners and not following your fitness plan, hire a professional. There are many options (personal training, small group training, or large group training) to fit every budget. A qualified trainer will hold you accountable for your goals, create a fitness plan for you, correct your form, and make sure you are working at the right level of effort.

EAT A HEALTHY DIET

Diet is just as important for losing weight as exercise, if not more! Remember that old saying, “You are what you eat.” Fill your house with plenty of fresh local produce. Keep healthy prepared food ready to eat for when you come home starving. Stay away from boxed and processed foods; if you can’t pronounce the ingredients, don’t eat it. Use a small plate for meals, and eat 5 to 6 small meals a day to keep your metabolism burning. Do not be tempted by diets that promise results with little effort, maintaining a healthy weight is a daily battle. Eat clean and drink plenty of water during the week, but allow yourself to enjoy some non-diet food and drinks at your weekend gatherings so you don’t burn out.

These tips can change your life for the better! Being healthy is a choice you deserve to make. Get healthy with your fiancé, you will both look and feel so much better!