

New Year's Resolutions - Your Fitness Solutions!

Transform Your Body & Actually Succeed with These Tips

Fitness expert Allan Fine explains why most New Year's plans to get fit and eat healthier fail and how you can succeed this year with a great plan!

New Year 2010 is here, and as always getting fit and losing weight is high priority for many of us. What happens to most of us in February and March? Why do we start so strong and then fall off the wagon? Many people make new fitness goals when the New Year rolls around, but less than 20 percent of those resolutions end in success. Fine says that is because of many common mistakes.

Here are some great tips to help you stick to your plan.

The All-Or-Nothing-Belief. Many believe their diet and workout regime must be perfect all the time and that leads to cheating in your workout regimen and your nutrition plan. Not true, says Fine; you must embrace your new way of eating and exercising as a lifestyle change. Think to yourself: this is how I must live my life for the rest of my life. We all know diets never work.

Not combining a fun workout program with your nutritional plan. It's so important to have a strong workout regime as well as a sound eating plan. Exercise for one hour, three or four times a week, with 35 to 40 minutes of weight training and 20 to 25 minutes of cardio.

"Temptation will happen to everybody," Fine says. "Giving into it is perfectly natural and normal." But you still must keep in control with only giving into a tempting "cheat meal" and not a cheat "day" ruining your entire day or week. If you can stick to your nutrition and workout plan 90 percent of the time, Fine says, you will succeed.

Train Hard, Eat Large. Fine says it is a mistake to believe you can indulge in your diet if you are working out. "You can't out exercise bad nutrition," says Fine. You must strike a balance between working out, nutrition, and rest/recovery to get the results you want.

Buried Treasures. You will continue to gain weight if you eat more calories than you burn. Extras like creams, sauces, toppings, oils, condiments are all sneaky ways to load up on your calories. Fine says you should know what you are putting in your food and cook your meals yourself as often as possible.

Not Logging Your Calories. Fine says knowing how many calories you need per day to maintain your weight and knowing how many calories you ingest each day is important to your fitness plan. He recommends keeping a journal to keep track of everything that goes in your body.

"Keep a notebook with you, start a blog, Tweet it, put it on your Facebook, text yourself," says Fine. "There are hundreds of ways for you to record what you eat. Then, at the end of the day, put it all together."

For more information on Fine's Fitness Boot Camps in Crestmont / Valley Ridge, go to www.fbcc.ca or call 403-246-7386.



Become a Block Parent

Make becoming a Block Parent one of your New Year's resolutions!

There are no meetings to attend and no cost involved. Just take 10 minutes to complete the application form. When you receive your sign, simply display it in your window when you are home and available to answer your door to assist someone in distress. This can be as few as a couple of hours a day or week.

Your neighbours, especially the children, will appreciate your offer to help make YOUR community safer.

For more information or an application form, please call Calgary Block Parent Association at 403-269-6460.

Email: exec.director@CalgaryBlockParent.ca or www.CalgaryBlockParent.ca