

# HOW TO MAKE YOUR 2008 FITNESS RESOLUTIONS 'FIT' YOU

by: Nadia Bender, PTS FIS

- H** Holiday helpings - don't stress about what you ate over the holidays instead do something physical about it!
- A** Add some stretch breaks throughout your day to loosen tight muscles and boost your energy levels!
- P** Plan ahead for ways to incorporate fitness into your daily lifestyle by plugging exercise into your calendar
- P** Push yourself beyond your comfort zone or get motivated by getting a workout buddy or personal trainer!
- Y** Yearly physicals are a must to make sure all systems are a go to start an exercise program aswell as to upgrade one!
- N** Nix negative thoughts about exercise and view it as a means to a healthier lifestyle!
- E** Endorphins pumped up! More consistent you are with exercise intensity the more you will experience the 'good mood feeling!'
- W** Walk everywhere! Use exercise as a way to get you to your destination!
- Y** You are number 1 ! - look after how you feel - get sleep so that you can maximize your workout results!
- O** Overhaul pessimistic thinking "I can't do it!" with "I can do it!" to achieve your fitness goals.
- U** Understand weight loss - increase calories burned through physical activity to achieve greater results than just dieting alone!



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