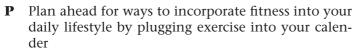
## HOW TO MAKE YOUR 2008 FITNESS RESOLUTIONS 'FIT' YOU

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** 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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