

HOW TO FINALLY ACHIEVE FITNESS SUCCESS - EVEN IF YOU HAVE STRUGGLED IN THE PAST!



LIFESTAGES FITNESS
Vitality at Every Age

By Mary Layne

Dear Reader,

When someone asks me how they can go from being unfit to being healthy and fit I tell them that the way to fitness success consists of three things that must be undertaken simultaneously: good nutrition, resistance training, and cardiovascular training. These are like a three-legged stool – if one of the legs becomes weak or breaks, the stool collapses. Quite often the difference between the body that you have today and the body that you wish you had is made up of simple daily decisions. For example, if you do a really good resistance training workout and then decide to grab some fast food, you've weakened one leg of your foundation. You know the saying "One step forward, two steps back." Keep that in mind as you make your daily food and exercise decisions. You set your alarm for 5:00 am, but when the alarm goes off you are warm and toasty in bed and decide to hit the snooze 100 times. Before you hit the snooze button, remind yourself that by choosing not to exercise you are taking two steps back on the road to fitness success.

Let's face it, you have to decide to make the commitment. If having the body you desire were easy, as so many advertisers claim, we'd all be trim and fit and you would not be reading this. I am asking you - right here and now – to make a commitment to your health and well being by reading on.

I'm going to share with you the keys to fitness success. And they work – every single time. Are they easy? No. Yet, once you start implementing them your life will change for the better. You'll be able to perform like never before...whether it's doing physical tasks at home, dominating the competition on the playing field, or excelling in the workplace.

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THE STEPS TO FITNESS SUCCESS

In this section, I provide you with these steps to fitness success:

1. Education—a little know-how goes a long way
2. Nutrition—eat to be fit and healthy
3. Resistance training—muscle tone burns fat
4. Cardio training—strengthen your heart, shrink your waist
5. Support and motivation—guarantees your success
6. Have fun!

These six steps – and a heavy dose of commitment and discipline – are what make a person lean, toned, fit, and strong for a lifetime. The following pages dive into each topic in depth and give you all the information you need to effectively reach your fitness goals. For quick and permanent results I suggest that you contact me for more information at:

mary@lifestagesfitness.com or call 703-969-3086

After you had read this report, I hope you'll consider me to be your guide on the road towards health and fitness. I will provide education, resistance training, cardio training, nutrition guidance, and challenging, motivating workouts. And you'll have fun while you're at it. You can also get a group of friends together for even more fun (and reduced cost).

FAT AND METABOLISM REVEALED

Knowledge is of no value unless you put it into practice. Heber J. Grant

Do you want to know why diets don't work? It's because folks don't take the time to understand the complex dynamics in our bodies and minds that lead to fit bodies. We want a quick fix NOW, but we don't really want to know how it works.

In this section I provide you with some basic understanding of what our bodies do with the foods we eat and give you information on body fat. By the end of this section you will be armed with enough knowledge to start making better decisions.

1. Metabolism

Most of us think of metabolism as the rate at which we burn calories. That's only part of the story. Metabolism is the breakdown of metabolic fuels in our diet (fats, proteins, and carbohydrates) and the way the cells, organs and tissues in our bodies handle those kinds of fuels. It's not just about burning up the food we eat, but also about how the nutrients from that food help us maintain a healthy body.

Your metabolism is influenced by your age (metabolism naturally slows about 5% per decade after age 40); your gender (men generally burn more calories at rest than women); and proportion of lean body mass (the more muscle you have, the higher your metabolic rate tends to be). In addition heredity can make a big influence.

Revvig Your Engine

Though some of the factors affecting metabolic rate can't be changed, happily, there are ways to maximize the metabolism you're born with -- even when you're dieting. One of the best ways is exercise. This includes aerobic workouts to burn more calories in the short term and weight training to build the muscles that will boost your metabolism in the long run.

Muscle burns more calories than fat -- even while at rest -- the more muscle you have, the higher your resting metabolic rate, which means the more calories your body will be burning just to sustain you. Every pound of muscle in our bodies burns 35 calories a day, while each pound of fat burns just 2 calories per day.

Thirty minutes of aerobic exercise may burn more calories than 30 minutes of weight training in the hours following the cessation of exercise. But, weight training has a longer-lasting effect on boosting metabolism. Having extra muscle also means you can eat more and gain less.

You don't exercise while dieting only to burn calories -- we also know that exercise builds muscle and that is what will help you continue to burn more calories and maintain the weight loss you work so hard to achieve.

2. Understanding Fat

Your body contains two types of body fat, essential and nonessential. Essential fat is needed for normal physiological and biological functioning and is found in bone marrow, the brain, the spinal cord, cell membranes, muscles, and other internal organs. The level of essential fat is approximately 3% of total body weight for men and 12% of total body weight for women. Women have a higher essential body fat requirement because of gender-specific fat deposits in breast tissue and the area surrounding the uterus. When essential fat drops below a critical level, normal physiological and biological function may be impaired.

Nonessential fat (storage fat) has three main functions:

1. To act as an insulator to retain body heat
2. To provide an energy source during rest and exercise
3. To pad against trauma.

There are two types of nonessential fat. The first is subcutaneous fat, which is found beneath the outermost layer of skin. It's the stuff you can see and touch. The second and more insidious type of fat is visceral fat.

Visceral Fat

Visceral fat is buried in the abdominal cavity and pads the spaces between your organs (the viscera). It can't always be seen—in fact, about the only foolproof way to locate visceral fat is with an MRI. People with visible belly fat are likely to have too much visceral fat.

Call it what you will—love handles or muffin top—it's the bane of most people's existence, especially as we age. Given a choice between obvious fat and invisible fat, most people would go for the invisible kind, right? Unfortunately in this case, what you can't see can kill you.

Researchers have found that visceral fat cells don't just sit there. These cells are active, producing hormones and spewing out toxic substances that can affect your health. Scientists are still trying to understand precisely how these hormones and toxins work, but they do know that too much visceral fat can disrupt the body's normal hormonal balance in a number of different ways. Its secretions go straight to the liver and may interfere with its functions, which include helping to regulate blood glucose and cholesterol. Some fat-cell-produced hormones can lead to type II diabetes; others can produce estrogen after menopause, which may increase your breast cancer risk.

A brief summary of the documented risks of excess visceral fat are:

- **Type 2 diabetes.** Adults with large deposits of visceral fat develop lower sensitivity to insulin (insulin resistance).
- **Metabolic syndrome.** This syndrome is a combination of insulin resistance, an increase in bad (LDL) cholesterol coupled with decrease in good (HDL) cholesterol, and high blood pressure. It has even been observed in some normal-weight people (BMI less than 25) with extra abdominal fat.
- **Coronary heart disease.** Visceral fat may promote the release of chemicals that regulate the immune response. These chemicals promote inflammation that affects the coronary arteries, which in turn contributes to the development of atherosclerosis.

- **Sleep apnea.** Increased visceral fat has been associated with the occurrence of obstructive sleep apnea since deep abdominal fat can restrict the movement of the diaphragm and limit lung expansion.
- **Dementia.** A recent Kaiser Permanente study showed that patients with the most visceral fat mass while in their forties had an almost three-fold higher risk of dementia than patients with the least fat. Researchers looked at records for 6,583 patients who were in their forties and fifties when they had their abdominal fat measured in the 1960s and '70s. Of the patients studied, 15.9 percent had been diagnosed with dementia by 2006.
- **Arthritis.** Visceral fat creates more inflammatory hormones that play a part in the development of arthritis.

All in all, visceral fat is pretty scary stuff. Subcutaneous fat may not be good for you, but visceral fat is the real killer.

How to Determine if You Are at Risk

Obesity is almost always measured by body mass index (BMI) using height and weight. A drawback is that BMI doesn't distinguish fat from muscle. An athlete may have a relatively high BMI simply because muscle is heavier than fat. And, although it may be fine for assessing total fat, it isn't very good for estimating visceral body fat. Here are a couple of quick ways to estimate whether or not you may have risky levels of visceral fat.

Waist Circumference and BMI

This method combines your BMI with waist measurement. Run a tape measure around your torso at about the level of your navel. (Official guidelines determine the level at which waist circumference is measured by locating a bony landmark: the top of the right hipbone, or right iliac crest, where it intersects a line dropped vertically from the middle of the right armpit.) Breathe minimally, and make sure not to pull the tape measure so tight that it depresses the skin. In women with a BMI of 25–34.9, a waist circumference greater than 35 inches is considered high risk, although research suggests there is some extra health risk at any size

greater than 33 inches. Even when BMI is in the normal range (18.5–24.9), a large waist in women is correlated with diabetes risk. You can find an online BMI calculator by going to:

<http://huhs.harvard.edu/Resources/HealthInformationByTopic/WeightManagement/BMICalculator.aspx>

Waist-Hip Ratio

To find your waist-to-hip ratio, divide your waist measurement by your hip measurement (run the tape measure around at the widest point of your buttocks). As a measure of your abdominal fat, this method outperforms BMI. For both men and women, a waist-hip ratio of 1.0 or higher is considered "at risk" or in the danger zone for undesirable health consequences, such as heart disease and other ailments connected with being overweight. For men, a ratio of .90 or less is considered healthy; women should aim for a ratio of .80 or less.

What You Can Do About Fat

There are no magic bullets - the only way to fight fat is through diet and exercise. A study published in the New England Journal of Medicine found that liposuction, which removes only subcutaneous fat, had no effect whatsoever on health, even when surgeons sucked out 20 pounds of subcutaneous abdominal fat. A person who lost that much weight through dieting and exercise would almost certainly see significant changes in blood pressure, cholesterol and insulin resistance.

Over-the-counter dietary supplements have obvious appeal as well. Unfortunately, there is insufficient and conflicting evidence regarding the efficacy of most supplements. Chances are good if they work for you, it's because of the placebo effect. When you start to lose weight by increasing activity and reducing calorie intake, visceral fat is lost faster than subcutaneous fat, especially when you are exercising as well as dieting.

3. How Did You Get Here?

Everyone gains weight for different reasons. Think back to the time in your life when your weight was just right. Were you in your teens, twenties, thirties, forties, or fifties? Picture yourself as you were at your ideal weight. When did things change? Was it a gradual addition of pounds that accumulated over a span of multiple years? Or did you gain it all at once? Consider the following weight gain triggers and determine which one applies to you.

- ✓ **College.** The college years are some of the easiest for gaining weight. In fact, a recent study by Cornell University found that on average, college freshman gain about 0.5 pounds a week - almost 11 times more than the average weight gain among 17-and 18-year olds and almost 20 times more than the average weight gain among American adults.
- ✓ **Marriage.** There's nothing like marriage to encourage a barrage of calories to overtake your diet. Late night comfort snacks are always more enjoyable when you have someone to share them with—and who better than the person who pledged to stick by your side through sickness or health?
- ✓ **Pregnancy.** Hormonal changes along with strong encouragement from everyone you know to indulge in anything their heart desires can leave pregnant women with a weight problem after delivery. And we're not just talking about women here—most men admit that they gained “sympathy pounds” right along with their wife.
- ✓ **Raising a family.** This is by far the most hectic time of anyone's life and leads to little or no time for you. Exercise feels like a time luxury that you just can't afford. We tend to graze on what we feed our kids (juice, chicken nuggets, little wieners, etc.)
- ✓ **Career.** Though you may not realize it, your career choice plays a major role in your weight. When you go from an active lifestyle to spending eight to ten hours a day behind a desk and another two hours commuting you will undoubtedly gain weight.
- ✓ **Ageing.** It is a fact that metabolism changes as we get older.

Close your eyes and go back to the life changing event(s) that triggered your weight gain. What changed in your lifestyle? To help sort things out, I have broken things down into two specific behavioral categories – eating habits and activity level.

Eating Habits

Did your eating pattern change when you gained weight? If your weight gain occurred in college, maybe you went from eating three square meals to an all-you-can-eat buffet style cafeteria. Or if marriage was your weight gain trigger, then maybe you went from eating small meals to fattening comfort food. Pregnancy brings on the perfect environment for a change in eating habits. You go from eating normally, to eating “for two,” to munching on your baby’s snacks right along with him or her! Your job can also dictate your eating schedule. Long hours and early meetings may cause you to grab a donut or chips from the vending machine. If your job, marriage, or lifestyle is stressful then comfort food, which is all too often junk food, becomes your best friend – or so we think while we’re eating it.

Activity Level

The second category that leads to weight gain is your activity level. What kind of exercise were you doing before your life changing event and how does it compare to your current exercise regime? Chances are good that you were doing more exercise before your weight gain began—which means that you are doing less exercise today. Think back to the exercise or physical activities that you used to participate in and compare them to your schedule and activities today.

Conclusion

After answering these questions you will have a better idea of why you gained weight, have lost your stamina, or are not exercising like you used to. Don’t be too hard on yourself, it happens to everyone. There is a way out, but as I said earlier, it takes a commitment and discipline.

NUTRITION

We live in an age when pizza gets to your home before the police. Jeff Arder

You want to lose weight. There's just this little problem...you love food. Losing weight doesn't require you to give up your passion for food—in fact, healthy weight loss encourages great eating. Smart eating means never going hungry and never feeling deprived. Here are some guidelines for healthy eating that result in healthy and long term weight loss.

1. Eat at least five times a day at regular intervals
2. Eat four ounces of lean protein at least twice a day
3. Fill two-thirds of your plate with vegetables and fruit
4. Make every calorie count, this means every bite should pack protein, fiber and fat.

So what should you eat? Here is a general guideline for healthy meals that do not promote fat storage. Each meal you consume needs to have calories coming from protein, carbohydrates, and fat in the following percentages:

20% Protein

15% Fat

65% Carbohydrates

Your body needs each of these in small amounts throughout the day – when you take in a meal that is 90% carbohydrate 5% fat and 5% protein your body will digest it faster (and you will get hungry again faster) even if the calorie count is the same as a meal with the optimal percentages. You are also more likely to store a percentage of the carbohydrates as fat.

Here are some other suggestions to help get to and maintain your ideal weight.

- ✓ Eating small meals every 2-3 waking hours will increase your metabolism and reduce the storage of fat. Make sure these are healthy meals containing balanced amounts of protein, carbohydrates and fat.

- ✓ An effective way to reduce fat storage throughout the night is to not eat three hours before going to bed.
- ✓ The average venti sized frappuccino has 530 calories. This staggering number equals 2.5 bagels or one third of the recommended daily calories for an average woman. Beverages such as this contain high amounts of sugar and should be consumed rarely since the extra calories they contain are stored as fat.
- ✓ Want to effortlessly drop 30 lbs in one year? Millions of people drink an average of 2 regular soft drinks a day, which is a total of 300 calories. When you add these extra 300 calories up over a year, they result in over 30 pounds of weight gain.
- ✓ Fat free foods, when eaten in excess, will still be stored as fat. Fat free cookies and crackers are made up of a whole lot of processed sugar. When eaten in excess, processed sugar is just as fattening as fat.
- ✓ Eat a small meal and wait 20 minutes before deciding if you need more food. This will give your stomach and brain time to communicate. If you have eaten enough food, your brain will alert your body and you will find that you don't desire anything more. If you are still hungry after this period, eat a small amount more and wait another 20 minutes.
- ✓ Make a habit of weighing and measuring yourself monthly and tracking your gains and losses. This will prevent gradual weight gain from creeping on.
- ✓ Drink a large glass of water before every meal. It may seem like a chore, but drinking a large glass of water before eating is a great way to partially fill you up and prevent you from overeating.

- ✓ Eating right when you wake up is vital to breaking the fast your body goes into every night. Two-three hours after you eat your body shuts down your metabolism and acts as if it needs to store food. In order to communicate with your body that it is healthy, well fed, and not in need of extra fat storage, start your day off with a small meal and continue to eat small meals every 2-3 hours.
- ✓ Eat complex carbohydrates instead of simple sugars. Your body is in constant need of carbohydrates to be converted into glucose and used as fuel. When your body has extra glucose it is stored as fat for later use. Complex carbohydrates, such as whole grains, legumes, and vegetables, take longer to break down into glucose, and are therefore less likely to be stored as fat than simple carbohydrates such as table sugar or fruit sugar are.
- ✓ Your body needs a variety of nutrients to function at its peak and burn fat. Find new, healthy alternatives to your daily meals, and substitute them frequently. Make sure that you are eating 5 servings of fresh fruits and vegetables of different colors every day.

RESISTANCE TRAINING

Resistance training elevates your metabolism for hours after a workout. Cardiovascular workouts are effective and necessary but your metabolism is only elevated for less than an hour before going back down to normal. On the other hand, resistance training literally raises your metabolism permanently. This happens because weight lifting is actually a process of breaking down muscle tissue and re-building it back stronger, firmer and with more tone. This process takes time and energy (calories). Once you have added muscle tone to a given area on your body it now takes even more energy to maintain this muscle.

The result is that strengthened fibers are denser than the weaker ones they are replacing, resulting in a firmer, tighter feel. Since we know that muscle consumes more energy than fat, it is safe to assume that when you increase muscle you will also decrease fat. (This is of course assuming that your caloric intake does not increase and that your cardiovascular activities do not decrease.) Due to this decrease in fat, the shape of your muscles will start to be unveiled by the shedding of extra fat tissue that covers them.

1 pound of muscle burns about 35 calories a day

1 pound of fat burns 2 calories a day

Healthy Bone Density

Millions of people are diagnosed with osteoporosis every month. Doctors say that resistance training is one of the best activities you can do to strengthen your bones and slow the process of osteoporosis.

When your muscles resist against the weight that is pushed or pulled, your bones are being tugged on by your tendons and ligaments. This tugging results in your bones compensating by strengthening themselves.

1. The Basics of Resistance Training

Before beginning a strength training program it is important to understand proper lifting techniques. When strength training exercises are performed correctly the benefits are

countless. When improper techniques are used the result is often injury and frustration. Here are tips on how to do it correctly.

Breathing

Proper breathing is critical while lifting weights. Most people do not pay attention to their breathing pattern and hold their breath throughout an exercise. For the best results, exhale during the exertion phase of an exercise and inhale as you return to the starting position. For example, during a bicep curl, exhale while you curl the weight and inhale as you lower the weight back down.

Pace

A common mistake among novice weight lifters is to perform exercises with quick, jerky movements. Focus on making your movements fluid and controlled. You work your muscles through the entire range of motion when you control your pace. If you move too quickly you are using momentum and not muscle to get the exercise done.

Too Many

Who says that you need to match your sets and reps to the gym rat on the bench next to you? A key to avoiding injury is to start your weight lifting training with a slow and steady increase in both sets and repetitions. Start by doing one set with 8-12 repetitions (reps).

Amount of Weight

When you start lifting weights for the first time it is important that you lift weights that feel light. Lifting weights that are too heavy leads to muscle tears and strains. Injury is the number one reason new weight lifters throw in the towel. Avoid injury by building up the weight slowly; don't let your ego get in the way of your overall weight lifting success.

Balance

There are seven major muscle groups you need to train: legs, abdominals, back, chest, shoulders, biceps and triceps. Many weight lifters get caught up with one or two muscle groups and neglect the others. Men, in particular tend to work only the "show" muscles -- chest and

biceps -- and as a result their body lacks balance. It not only looks funny to have just one or two muscular body parts, it also sets you up for injury. Take the time to incorporate all of your major muscle groups into your weekly workouts.

Break

Even though you are excited about starting your new weight lifting routine, don't overdo it! Your body needs time off to rebuild and repair muscle tissue after every workout. Start weight lifting no more than three times a week, with at least a day off in between each workout. As a rule of thumb, never lift weights when you are still sore from your last workout. With time you will develop a routine that gives your body the proper rest time, while still getting you the results you want.

2. How to Manipulate Training Variables

Everyone inadvertently hits a frustrating plateau in their training at one time or another. You're cruising along for a while, gaining strength, losing fat, looking better, and then all of the sudden it hits. Suddenly you find yourself weaker than before on your lifts or you find you've gained back a couple of pounds. Believe me, it happens to everyone. Most of the time, these plateaus occur because people don't change their training variables over time. Many people stick to the same types of exercises for the same basic sets and reps and rest periods with the same boring cardio routine week after week. I intend to open your mind and bring creativity to your workouts with this section!

There are many ways to strategically modify your training variables and assure you maximize your fat loss and/or muscle building response to exercise. Most people only think about changing their sets and reps, if they think about changing their routine at all. Other variables that can dramatically improve your results are changing the order of exercises (sequence), exercise grouping (super-setting, circuit training, tri-sets, etc.), exercise type (multi-joint or single joint, free-weight or machine based), the number of exercises per workout, the amount of resistance, the time under tension, the base of stability (standing, seated, on stability ball, one-legged, etc.), the volume of work (sets x reps x distance moved), rest periods

between sets, repetition speed, range of motion, exercise angle (inclined, flat, declined, bent over, upright, etc), training duration per workout, and training frequency per week.

There are a lot of different training variables to consider in achieving the best results from your workouts. That's where a knowledgeable personal trainer can assist you to make sure that your training stays fun, exciting, and effective. Below are a few examples to help you come up with more creative and result producing workouts.

Most people stick to workouts where they do something along the lines of 3 sets of 10-12 reps per exercise, with 2-3 minutes rest between sets. To me that says: "Boooooorrrrring!!!!" Here are a few examples of different methods to spice up your routine.

- ✓ •Try 10 sets of 3, with only 20 seconds rest between sets.
- ✓ •Try using a fairly heavy weight and complete 6 sets of 6 reps, doing a 3 minute treadmill sprint between each weight lifting set.
- ✓ •Use near maximum weight and do 10 sets of 1 rep with 30 seconds rest between sets.
- ✓ •Try using a lighter than normal weight and do 1 set of 50 reps for each exercise.
- ✓ •Try a workout based on one full body exercise, such as barbell clean & presses or dumbbell squat & presses, and do nothing but that exercise for an intense 20 minutes.
- ✓ •Try a workout based on all bodyweight exercises such as pushups, pull-ups, chin-ups, dips, bodyweight squats, lunges, up and down stairs, etc.
- ✓ •Try a circuit of 12 different exercises covering the entire body without any rest between exercises.
- ✓ •Do the same 12 exercise circuit for your subsequent workout, but do the entire circuit in the reverse order.
- ✓ •Try your usual exercises at a faster repetition speed for one workout and then at a super-slow speed for your next workout.
- ✓ •Try completing six 30 minute workouts one week, followed by three 1-hr workouts the next week. This will keep your body guessing.
- ✓ •Try doing drop sets of all of your exercises, where you drop the weight between each set and keep doing repetitions without any rest until complete muscular fatigue (usually about 5-6 sets in a row).

There are many more ways to change your training variables. This is a sample of your possibilities. Be creative and get results! If you need assistance, use the free gift on page 4 of this document to help with fresh ideas for your training.

3. Incorporating Variability and Consistency in Workouts

In the last section, I discussed that you must alter the training variables that make up your workouts to continuously get good results, whether your goal is losing weight, building muscle, or toning up.

While changing your training variables is an integral part of the success of your training program, your workouts shouldn't be drastically different every single time. If you are all over the place on each workout and never repeat and improve on specific exercises for specific set and rep schemes with specific rest intervals, your body has no basis to improve on its current condition. The best way to structure your workouts for best results is to be consistent and to continually improve on a specific training method for a specific time period. A period of 4-8 weeks usually works best as your body will adapt to the specific training method and progress will slow after this amount of time.

Change around some of your training variables as I described previously and then stay consistent with your new training program for 4-8 weeks.

CARDIOVASCULAR TRAINING

Just about everyone knows aerobic conditioning is an important part of fitness and in this section I'll explain why. Think of your body as a machine. Aerobic conditioning refers to your ability to operate the machine efficiently. Having a good cardiovascular and respiratory system creates that efficiency. Muscles operate by using a chemical known as adenosine triphosphate (ATP). ATP allows a muscle to contract. Whether at rest or in full exercise mode, we use ATP.

As a muscle is used it burns the ATP and creates a by-product which must be discharged from the body. The blood stream carries this by-product to the lungs. As you breathe your lungs discharge the by-product and refill your blood cells with good air. Your muscles, heart, and lungs work in concert to ensure that your body functions properly. The better your aerobic conditioning, the better your heart pumps blood through your veins and the better your lungs exchange bad air for good air. (The overall process is a little more complex than that, but I wanted to simplify it.)

Given that aerobic conditioning allows your body to function at its peak efficiency, how do you maximize that efficiency? To improve the conditioning of your cardiovascular and respiratory system you must push it past your comfortable limits. This can be accomplished in a variety of ways. I like to box because it incorporates your entire body in explosive, cardio intensive bursts. Of course boxing isn't everyone's cup of tea. Running is effective, but not good for folks with knee or back injuries. Elliptical trainers or recumbent bikes reduce impact on the knees and spine. The key is to find something you enjoy so it doesn't turn into a grind.

Just like resistance training, your cardio training can lure your body into a sense of complacency if you do the same thing over and over again. The body says "been there, done that" and goes on auto pilot so little or no gains are achieved. That's why you need to change your cardio training variables. You can do interval training, change the speed, incline, type of cardio activity, or whatever other variables you can. Remember - you've got to keep your body guessing!

1. Sample Cardio Workouts

Here are six cardio workouts that will add variety and keep you challenged. Don't do the same one in a row. Mix these workouts up to keep your body guessing. The different workouts are explained in the following table. When you are up to it, increase the total time, ideally every week.

Type	Description	Total Workout Time
1	Endurance: Vary Incline Setting	20 min
2	Interval: Vary Speed Setting	20 min
3	Endurance: Vary Speed Setting	20 min
4	Interval: Vary Incline Setting	20 min
5	Endurance: Vary Speed & Incline Settings	20 min
6	Interval: Vary Speed & Incline Settings	20 min

Endurance

On these days, pick a challenging setting (either incline, speed, or both) and stick with it for the recommended time.

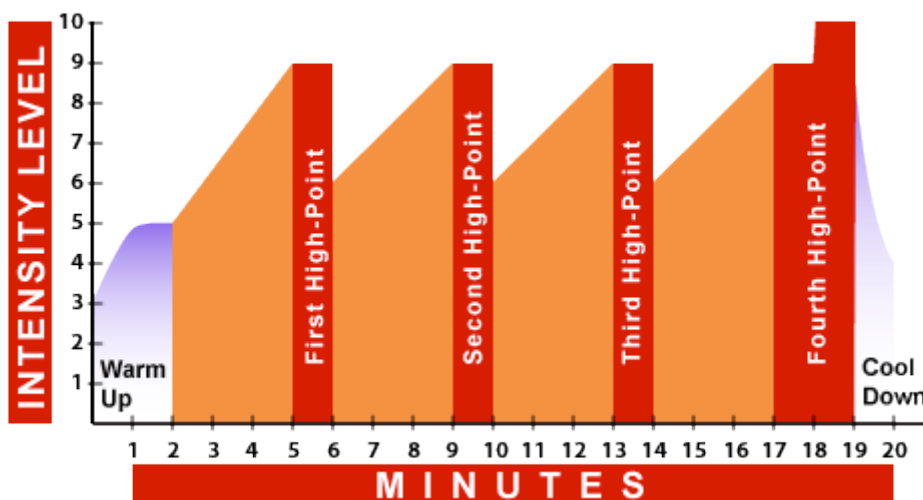
Intervals

Intensity levels start at 1 (easiest) and go to 10 (hardest). An intensity level of 4 means that on a scale of 1 to 10 the setting *you* are working at should be a difficulty level of four for you. It doesn't mean set the machine to level 4. To alter the intensity, you can change any variable the machine allows. For example, on the treadmill you can alter the speed, incline, or both.

Divide your desired workout time by 20 minutes (the total time for each interval) to determine the number of intervals you want. For example, if you want to work out for 40

minutes, you will do two interval sets (dividing 40 minutes by 20 minutes results in two interval sets). Each interval set consists of:

1. Warm up for 2 minutes at your intensity level 5.
2. For minutes 2-3 move from intensity level 5 to 6
3. For minutes 4-5, 6-10 and 11-14 work your way from intensity level 6 to level 9, maintain for one minute.
4. Minutes 15-19 work your way from intensity level 6 to level 10 (the high point is at level 10), maintain for one minute.
5. Minute 20 cool down to intensity level 5 for one minute.



Stretch for ten minutes after every cardio workout.

SUPPORT AND MOTIVATION

Life takes on meaning when you become motivated, set goals and charge after them in an unstoppable manner. Les Brown

When you finally put your foot down and decide to get into the best shape of your life—motivation isn't an issue. You have motivation—oodles of it. In fact, you could walk into a pizza parlor and order a water and green salad without blinking an eye to the aroma of baking cheese and meat. You are invincible. Unfortunately...after a few days this fierce motivation usually fizzles, sputters, and then goes out completely. Why is that? Don't you wish that motivation was sold in pill form? Before you head back to that pizza parlor (this time with pepperoni on your mind) read on for two sure-fire ways to rekindle your motivation.

1. Be Specific

How can you expect to meet your fitness and weight loss goals when they haven't been clearly defined? Do you want to get into better shape and to improve your fitness level and physique? That's great. But if you are reaching for a vague goal, you don't stand a chance of attaining it.

Instead, create a very specific goal for yourself. *I want to lose 10 pounds by summer.* Write it down, tell your friends, take out an ad in the newspaper – anything that will make your goal concrete for you. Notice how the goal is quantifiable and contains a time frame. *I want to run my first marathon in June.* Again, the goal is measurable—26.2 miles, and there is a time frame—June. Let's take this one step further and recruit the power of your subconscious mind. Take a minute each day to visualize yourself achieving your goal. How does it feel? How do you look? Get into the habit of experiencing the successful accomplishment of your goals in your mind each day. This will set you up for success in a powerful way!

2. Track Your Progress

Now that you have a goal, you may fall into the trap of simply setting a goal and then leaving it at that. To ensure success, consistently track your progress. This will let you know how far you have traveled towards your goal and how much more you have to go.

Make a habit of writing down your progress in a notebook. If your goal is to lose weight, record your weight every week and devise a specific nutrition program. If your goal is to run a marathon, record your mileage every week. Not only will the act of writing your progress down will not only help keep you on track, it will also fill you with pride over your growing accomplishment.

3. Will Power

Have you ever heard the saying *if you believe, you can achieve*? Many people have accomplished extraordinary things based on this simple principle. A vivid example of this principle was caught on tape during an interview backstage at a body building competition. A reporter asked a successful young body builder about the possibility of his competitor stealing his long held title. The tanned athlete laughed at the question as he rubbed oil on his sculpted muscles. Then he looked up and said evenly, —“*There is no such thing.*” It was 1975 and the athlete was Arnold Schwarzenegger. He did, of course, go on to beat his competition—but then, he hadn’t left himself any other option. Do you have a fitness or weight loss goal that you want to achieve? Do you want to lose 10 pounds or lower your cholesterol? Somewhere between believing and achieving you need a heaping dose of will power. In light of recent studies that have shown that less than half of U.S. adults have a healthy weight, it seems that will power has become rather hard to come by.

Will power is the ability to control impulse, to overcome laziness, and to persevere toward accomplishment. It is the strength that keeps you from going back for seconds after a delicious meal. It convinces you to choose a salad instead of fries with your sandwich. And it propels you to the gym after a long day at work.

Focus On One Thing at a Time

If your goal is to lose 10 pounds, start by breaking one of your unhealthy habits that contributed to the weight gain. A client of mine lost 12 pounds in 4 months by breaking one simple habit—her morning blended mocha!

Gradually Work Toward Your Goal

You've heard Rome wasn't built in a day—and neither was the perfect body. It takes time to build muscle, lose fat, and increase your metabolism. Every time you implement your will power you are taking one step toward your goal. If you keep taking one step after another you will eventually arrive at your destination.

Change Unhealthy Surroundings

If your goal is to lower your cholesterol, don't stock your fridge with bacon. If you want to lose 10 pounds and know you have a weakness for chocolate—don't buy it. Transform your environment into one that supports the lifestyle needed to achieve your goal. This will make your progress much easier.

Find Healthier Alternatives

If you have an unquenchable craving for a burger—don't panic! Try a lean turkey burger or veggie burger. Instead of ice cream, stick with non-fat frozen yogurt. Trade in your greasy potato chips for the low-fat baked kind. There are numerous alternatives to your unhealthy favorite foods - all you need to do is find them.

Build a Support Group

When you are in the throes of exercising will power, the last thing you want is for friends and family to surround you with everything you can't have. So tell them about your goal. Let them know the things you can't eat and those you can. Build a support group out of those closest to you, and who knows—you may end up helping them achieve better health as well! One of the main reasons that our boot camp is so successful is that it thrives on an atmosphere of support.

HAVE FUN!

People rarely succeed unless they have fun in what they are doing. Dale Carnegie

Why the long face? Whoever said that exercise and weight loss had to be a drag? Find a physical activity that you enjoy. Maybe you have a flair for tennis or perhaps you prefer swimming or biking or jogging. Perhaps you would enjoy our outdoor boot camp, which incorporates a supportive team atmosphere with exciting exercises. Maybe you need a personal trainer. If you are interested in boxing, enroll in one our boxing clinics. You can use the free gift on page four for any of these options.

The key is to find something that you enjoy and look forward to doing. Another way to bring enjoyment to your weight loss activity is to involve a friend. Plan to meet at the gym for a workout, or meet at a park for a brisk jog.

Right now, at this very moment, you have a decision to make. You can take the first step to achieve the body that you deserve. Or you can do nothing, and fall into the trap of procrastination. Please, take action now while it's still fresh on your mind. Pick up the phone right now and let's get your personalized fitness program started.

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