



Timely Information for Personal Success

Exercise Success Takes Initiative

By **Tim Lencki**

After many years in the fitness industry, I've come to understand one thing is certain – the act of *starting* an exercise program is half the battle. People have great intentions to exercise, however, taking the initiative to actually make it happen can be challenging. If you want to have exercise success you must take the initiative. The following are four tips on how to do just that:

- ❖ **Take responsibility.** The Greek philosopher Socrates once said, *“To move the world we must first move ourselves.”* No one will get you started except yourself. Take responsibility and act on it.
- ❖ **Get help.** It's difficult to achieve success alone, and this is especially true with exercise. Numerous studies show that people who exercise with a friend, family member, or co-worker are much more likely to stick with it. Find people who can offer encouragement, support, and guidance in your effort to get started and stick with exercise.
- ❖ **Start simple.** Telling yourself that you will exercise five days a week, start weight training, and completely change your diet, is a recipe for failure. Taking on too much can overwhelm you – and when you become overwhelmed you don't initiate. Start an exercise program one step at a time. Try adding a 10-minute walk each day. Once successful, throw in a few stretches along with the walk. Then add a serving of veggies to lunch and dinner. Get the idea?
- ❖ **Make time.** Dawson Trotman said, *“The greatest time wasted is the time getting started.”* Schedule a consistent time to exercise. It doesn't matter what time you choose – just pick it! Treat it like an appointment and stick to it. If all you have is 20 minutes, that's fine. Make it happen! ❖

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Editor's note: This article should not be construed as a substitute for medical diagnosis. Consult your doctor for the healthy lifestyle tips that will work best for you.*

Safe Summertime Exercise

Did you know that it takes your body almost two weeks to adapt to warmer, more humid weather? If your plan is to get outside, let me give you a few tips for safe summertime exercise:

- ❖ **Take it slow** – If you are used to exercising inside or you haven't been exercising at all, be sure to take it easy at first, as you need to let your body adapt to the heat. In addition, exercising in hot weather puts extra stress on your heart and lungs.
- ❖ **Drink plenty of fluids** – Your body can easily lose up to a quart of water an hour. Your body's ability to sweat and cool down depends on adequate hydration. Be sure to drink water before, during, and after exercise.

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Healthy Recipe: Summer Fruit Punch

INGREDIENTS:

- 2 cups diced "stone" fruit (apricots, plums, peaches, nectarines)
- 2 cups apricot juice
- 2 cups sparkling wine
- 1 cup seltzer

NUTRITIONAL VALUE:

- Calories per serving: 203
- Carbohydrates: 29 g.
- Protein: 2 g.
- Sodium: 5 mg.
- Fat: 1 g.
- Saturated fat: 0 g.
- Fiber: 2 g.

DIRECTIONS:

❶ Combine diced fruit, apricot juice, sparkling wine, and seltzer. Divide among four ice-filled glasses.
Non-alcoholic version: Substitute sparkling cider for the wine.

Makes four servings.



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Questions and Answers

Do Abdominal Exercises Get Rid of Belly Fat?

Exercises designed for the abdominal area will strengthen the muscles around your midsection and improve posture. However, they **WON'T** directly decrease body fat.

You can't pick and choose areas you want to lose fat. Being able to see your abs has more to do with decreasing the body fat that surrounds your abs.

In order to burn fat, you should create a workout that includes both cardiovascular and strength-training elements. This will decrease your overall body fat content – including the area around your midsection. ❖

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Safe Summertime Exercise

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Try drinking about 8 ounces every 20 minutes, and do it even if you don't feel thirsty.

❖ **Dress appropriately** – It's best to wear lightweight, loose-fitting clothing to allow for circulation between your skin and the environment. Synthetic fabrics, such as polyester, with a mesh-like weave are best as they tend to whisk away sweat. Also, consider light-colored clothing because it reflects heat better than darker colors.

❖ **Avoid the peak sunlight hours** – If possible, exercise outside in the morning or evening hours to avoid the intense heat. If this isn't possible, then get to the gym where it is likely to be air conditioned.

Have fun this summer, and keep these tips in mind so you can be safe and continue to enjoy the outdoors. ❖

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Eat Well to Stay Motivated

Too tired to exercise? It may have more to do with what you eat than being lazy. If you skip meals to save calories, you may be robbing yourself of the fuel needed to have the energy and motivation you need to stay active. One way to maintain energy and motivation is to keep the level of sugar in your blood stable. Eat a series of small meals throughout the day that are composed of complex carbohydrates such as whole-grain breads or crackers, beans, and other vegetables and fruit. Find the right combinations, and you won't know what to do with the left-over energy! ❖