

ASHBY ADVISOR

Twentieth edition
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Another year has gone and now we'll be wishing those extra holiday pounds were gone. Obviously you're dying to get to the gym but before you go here's some things to remember.

1) Set realistic goals

Don't think you can eat whatever you want just because you start working out. Walking an hour at 3.5 mph burns 250-300 calories extra above your base metabolic rate. To burn up to a pound of fat takes 3500 calories, and then we wonder why doing a 30 minute walk 3 times per week isn't making us thin as the proverbial rail. That's why you want to eat the good foods and not the bad ones. Plus you also burn more calories if you're moving around than if you sit all day. Experts in the field state that we need to do almost four (4) hours of physical activity to prevent weight gain (per week). That activity can include yard work, moderate level house cleaning, dancing etc..

2) Don't burn out

Start out slow and build into your routine, Trying to do Arnold Schwarzenegger workouts the first week will just injure you or make you so sore you won't want to continue. Use proper form and lift lighter weight correctly instead of overdoing it with bad form and a heavy weight. This reemphasizes rule one -> "realistic goals." If you are unsure about how to use some equipment at the gym ask for help with a trainer.

3) Stay with it

Make workouts and activity a part of your week. Schedule it like anything else otherwise it doesn't get done. Having a training partner is also great motivation. Set goals to accomplish for the week/month/year.

Finding a reason to exercise other than "because I need to" is also helpful. One reason I try to stay fit is to continue doing the outdoor activities I love. Hiking, rock climbing, backpacking and canoeing long weekends are part of my motivation. And keeping up with my 21 year old son and 17 year old daughter is also helpful.

So let's get moving !!

Quote of the email "Make the most of yourself, for that is all there is of you." Ralph Waldo Emerson