

Resolution Time Again?

It's another new year and what has changed for you? Chances are you may be making the same resolutions as you were last year. Now is the time to make those same resolutions, but make a plan to keep them. Here's a list of top 10 suggestions to making a better you in 2008:

- 1) No liquid calories (with the exception of a post-workout drink).

If you are trying to cut back on calories, most people find solid food more satisfying than liquid calories. There is no place for juices or empty calorie beverages in your diet. Eat your calories, don't drink them.

- 2) Eat five to six small meals a day.

Smaller meals more often will keep you satiated and keep your diet on track. You won't get so hungry that you will eat anything you can get your hands on.

- 3) No fast food.

Fast food is a fast way to sabotage your waistline. No one is so busy that they can't prepare ahead of time. You can plan your finances, your holidays, for your children, take the time to plan ahead for yourself in terms of diet. You know you'll need to eat in 2-3 hours so plan for it by packing your own food so you won't be tempted by those flashing lights of fast food restaurants as you drive by.

- 4) Eat more vegetables.

No one gets fat eating an abundance of vegetables. Concentrate on more vegetables at the evening meal particularly instead of carbohydrates like bread and potatoes. Eat fruit sparingly along with your protein (see next point).

- 5) Eat protein with every meal.

Protein will help stabilize blood sugar and help you avoid that energy roller coaster ride that accompanies the high carb diet. Make sure your protein choices are low fat. Try to include 1.5 grams of protein/day per lean body mass. Most people do not include enough protein in their diets. Protein keeps you from feeling constantly hungry.

- 6) Be consistent with your workouts.

This seems like a no-brainer, but it takes constant planning and sacrifice. Change up your workouts or abbreviate them to accommodate a busy schedule, but don't avoid them all together.

- 7) Cut out the long slow cardio and add interval training.

Make wise use of your time and increase the intensity on any cardiovascular training you do. You can cut down on the time spent on a treadmill, bike or the like if you up the sweat factor. You will burn more calories while exercising as well as benefit from the after burn with an increased metabolic rate after you're done your workout as well. Incorporate intervals in your training rather than just getting on a piece of equipment and plodding along at the same slow pace.

8) Drink more water.

Sometimes our bodies cue us to eat when all we need to do is drink water. The thirst signal in our bodies lags behind our need for hydration. Don't wait to feel thirsty to drink. If your urine is darkly colored, it is a sign as well that you are in need of more water. Keep in mind the point about not drinking your calories and stick with water for hydration.

9) Get your rest.

Human growth hormone is produced when we are in a deep sleep. It is desirable to have human growth hormone as it helps to stimulate metabolism. As we age, there is a natural decline in HGH, so we need to do what we can to ensure a regular supply of HGH in our bodies. If you are in a constant sleep deprived state, you will come up short for energy partly due to lack of HGH.

10) Build a social network to support your fitness goals.

People are more successful with their fitness goals when they have the support of friends and family. Surround yourself with those that will support you and your goals rather than sabotage them.

By Shawna Kaminski

See how Shawna helps her clients set and reach their fitness goals at www.CalgaryNWBootCamp.com.

By Shawna Kaminski – [Calgary NW Adventure Boot Camp](http://www.CalgaryNWAdventureBootCamp.com)

Shawna is shaking up the fitness routines of several people in her Adventure Boot Camps. For more information, please visit her website.

