

KEEPING THAT HEALTHY NEW YEARS RESOLUTION

By City Centre Health and Fitness Staff

Whether you are training for your first marathon or just wanting to drop a few pounds there are some ways to ensure your Healthy 2010 New Years Resolutions are successful.

While slow and steady wins the race when it comes to making lifestyle changes there are a few tips to help you get on track sooner and stay motivated.

The first step is to enlist some help. Most of us wouldn't tune up our own car or attempt to fix our own teeth so why would we not utilize the expertise of qualified professionals to help improve our health? We are very set in our ways and habits so it is hard to make changes or progress when we are stuck in our same routines. Following a program written by somewhere else takes some of the pressure off of us and gives us new ideas. Depending on our goals, a Personal Trainer or another Medical or Fitness professional on our team could mean the difference between success and giving up.

The second step is to understand your nutritional needs. Eating well is the essence of good health. It's the fuel that keeps us going, so if we start the year by depriving ourselves we soon won't have the energy to continue. Getting rid of all the junk in your diet is a great start but won't be successful unless you have learned the proper food to replace it with. Starvation diets are not only unhealthy but not sustainable. By gradually eliminating unhealthy foods and adding more nutritious foods you are less likely to feel deprived and more likely to stay motivated. A simple healthy classic Mediterranean diet is not a diet at all but a healthy way of eating. Remove the word *diet* from your vocabulary. Live longer and don't go hungry by "Eating like a Greek", with plenty of vegetables, fruits, cereals, olive oil and fish. A Registered Dietitian can be of great help to get you going in the right direction and keep you from getting hungry. A Registered Dietitian has all of the scientific and medical knowledge about healthy eating and aren't about to sell you any products.

The third step is to not over do it. Quite often when we make a new resolution we charge right into it and get tired after only a few weeks, resorting back to our old ways. If your program is not sustainable it will be of little advantage to you in the long run. Know your time and health limitations and work within them. Unrealistic and aggressive goals leave you feeling frustrated and discouraged and can be unsafe. Set realistic, measurable and achievable goals and review them often. Well planned goals keep you motivated and focused and can mean the difference between success and failure.

City Centre Health and Fitness, 399 Main St. Penticton has a team of Medical and Fitness Professionals, with 3 great Weight Loss Programs and a new 30 minute Quick Fit Circuit. Call 250-487-1481