



Timely Information for Personal Success

Getting Motivated in the New Year

By *Tim Lencki*

Finding motivation to exercise is the most challenging part of not only getting started, but also sticking with it. Many people have great intentions, but they lose interest quickly. This is especially true if you aren't seeing results and can't figure out what to do about it.

Hiring a personal trainer is the solution. Personal trainers are no longer just for the rich and famous. People of all ages, sizes, and income brackets have found that hiring a trainer is one of the fastest and smartest ways to get motivated and see results. Whether you work with a trainer one time or meet regularly, you will be pleased with the results. Here are a few reasons to consider hiring a personal trainer.

❖ **Trainers promote YOU** – Personal training is tailored to meet people's needs on an individual basis. Whether it's losing weight, gaining strength, improving flexibility, or simply being more functional in everyday life – a personal trainer can help. Everybody is built differently, which means every workout program needs to be different.

❖ **Trainers provide support** – Motivation, support, and encouragement are critical components to making exercise work in the long term. Hiring a personal trainer is NOT about having someone in your face screaming, "Do one more rep!" Rather, it's about someone who offers the accountability, education, and support it takes to be successful.

❖ **Trainers offer expertise** – Getting help from an experienced trainer can be invaluable. The more experience a trainer has, the more variety you can expect in your workout. Great variety equals more enjoyment. An experienced trainer also ensures that you are training safely. ■

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Exercising Safely in Cold Weather

The weather is cold outside and the only option for exercise seems to be grinding out miles on a treadmill or elliptical trainer. We all know this can get boring, but don't be too quick to pack away your outdoor workout gear for the winter months. Check out these tips:

❖ **Layer clothing** – Layering simply means wearing a combination of clothes (in layers) to help regulate body temperature and keep you warm and dry. Several thin layers are warmer than one heavy layer. It is important to avoid heavy cotton sweats or tightly woven material that will absorb and retain water. Silk, polyester, Thermax, Thinsulate, and wool are good choices for the layer closest to your skin.

❖ **Cover your head** – Your head should be covered while exercising in the cold. Heat loss from the head and neck may be as much as 50% of total heat lost.

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Healthy Recipe: Protein Power Balls

INGREDIENTS:

- 1 cup creamy peanut butter
- 1 cup sweetened coconut (toasted)
- 1 cup cornflakes
- ¾ cup soy protein powder
- ¾ cup finely chopped semi-sweet chocolate chips
- ¼ cup firmly packed brown sugar

NUTRITIONAL VALUE:

- Calories per serving: 133
- Carbohydrates: 11 g.
- Protein: 9 g.
- Sodium: N/A
- Fat: 8 g.
- Fiber: 1 g.



DIRECTIONS:

❶ Combine peanut butter, cornflakes, protein powder, brown sugar, and chocolate chips into mixing bowl. Work mixture together with hands to combine ingredients. ❷ Use spoon to scoop out mixture and roll into golf-ball size balls. Roll in the toasted coconut to coat the outside. ❸ Refrigerate for at least 1 hour. Store in an airtight container in refrigerator for up to 1 week.

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Questions and Answers

Dispelling Myths & Fighting Flu

Q: *Is exercise a waste of time if you don't do so often?*

A: No. This type of myth is what causes people to write-off exercise before they even start. Any kind of physical activity is better than none! Research shows that even three 10-minute bouts of exercise daily can make a difference.

Q: *Is exercise a sure way to lose weight?*

A: Not necessarily. Many people are very active, yet are still overweight. Although you can't control your genetics – you *can* control your diet and level of physical activity. And physical activity is one of the most important factors for successful long-term weight control.

Q: *Now that flu season is here, I've heard that fruits can help. Is this true?*

A: Fruits can be very helpful with fighting the germs we are exposed to in the winter. Try these five fruits to give your immune system a boost this winter season.

❖ **Papaya** – A papaya can help kick a cold right out of your system. The beta-carotene and vitamins C and E in papayas reduce inflammation throughout the body, lessening the effects of asthma.

❖ **Grapefruit** – Loaded with vitamin C, grapefruit also contains natural compounds called limonoids, which can lower cholesterol.

❖ **Cranberries** – Cranberries have more antioxidants than other common fruits and vegetables. One serving has five times the amount in broccoli! Cranberries are a natural probiotic, enhancing good bacteria levels in the stomach and protecting it from food-borne illnesses.

❖ **Bananas** – One of the top food sources of vitamin B6, bananas help reduce fatigue, depression, stress, and insomnia. Bananas are high in magnesium, which keeps bones strong, and potassium, which helps prevent heart disease and high blood pressure.

❖ **Apples** – One apple has an antioxidant effect equivalent to 1,500 mg of vitamin C. Apples are loaded with protective flavonoids, which may prevent heart disease and cancer.

- Sources: Tim Lencki, www.MensHealth.com

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❖ **Stay dry** – Wet, damp clothing, whether from perspiration or precipitation will significantly increase body-heat loss.

❖ **Cover your mouth** – Warm the air you are breathing if temperatures are below your comfort level (usually around 0 degrees). Use a scarf or mask to warm the air before you breathe it. This is especially important if breathing cold air causes chest pain or you are prone to upper respiratory problems.

❖ **Stay hydrated** – Dehydration affects your body's ability to regulate body heat and increases the risk of frostbite. Fluids, like water, are as important in cold weather as they are in heat. Avoid alcohol or caffeinated beverages as they lead to dehydration. ■

– Tim Lencki

