



# Flirting With FITNESS!



*Fitness For The Rest Of Us...*

**Volume 1 Issue 1**

**December 2012**

**MINDY BLACKSTIEN  
& JEFFREY KIPPEL**

**NATURAL FITNESS  
PIONEERS NOW  
ALSO THE  
FUTURE OF FITNESS?**

**IT'S TIME TO  
GET BACK  
IN SHAPE!**

**WHY MOST PEOPLE  
SHOULD FORGET ABOUT**



**6-PACK ABS!**

**NUTRITION:**

**IT ALL STARTS  
WITH THE BASICS!**



**WEIGHT  
LOSS  
BASICS!**

**TRAINING:**



**EQUIP YOUR OWN  
HOME GYM NOW!**



# **Flirting With Fitness Online Magazine**

## ***Fitness For The Rest Of Us...***

**"Dedicated to bringing you the best in  
Fitness, Nutrition, Exercise, Health & Wellness  
Information, Reviews and Resources!"**

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# *A Few Words From Our Publisher...*

**Welcome to the first issue of our *Flirting With Fitness Online Magazine!*** In the past year our team has been hard at work building FlirtingWithFitness.com up to its current 3,000+ pages, and we're super stoked to be able to add our online magazine to the fitness, exercise, weight loss, nutrition and wellness information we're able to bring you!

Why another magazine when there's already so many out there? It can be summed up in our tag line:

## ***Fitness For The Rest Of Us...***

First, most of the magazines out there focus on extreme athletes - pro bodybuilders using extreme measures and questionable chemicals, runners who focus on marathons and longer distances, etc.

While we have no problem with those magazines or the information and athletes they feature, the truth is much, if not most, of the information they carry isn't truly suitable to the general population, to those of us who are simply looking to get in shape, stay in shape and just be a bit better every year.

Every day, in gyms throughout the world, you see people following routines from the major mags faithfully without ever getting the results they're chasing. And you don't have to go far out your door to see that most diet advice doesn't seem to be helping a lot of people lose bodyfat and keep it off long term.

The truth is, being at or near your ideal weight, having just a comfortable amount of lean muscle mass to get you through each day pleasantly and having that fit & sexy body you want doesn't come from a few workouts, a new diet or some pill or injectable - and no supplement, of and by itself, will achieve that for you either.

Nor does it need to come from letting fitness take over your entire life, causing you to spend countless hours in the gym with no time for friends, family, hobbies and other pleasurable pursuits.

What it DOES come from is a healthy lifestyle - living a life where you have a physical, financial, mental, emotional and spiritual balance. Where you've built the success habits required to enjoy every single day in great health and wellness while being able to do everything you want each day. And that IS an achievable goal for everyone, whether they're 21, 58 or 92 years old!

And that's our goal - to become the 'Official Magazine' of YOUR new fitness lifestyle - Enjoy this & every issue of the Flirting With Fitness Online Magazine!

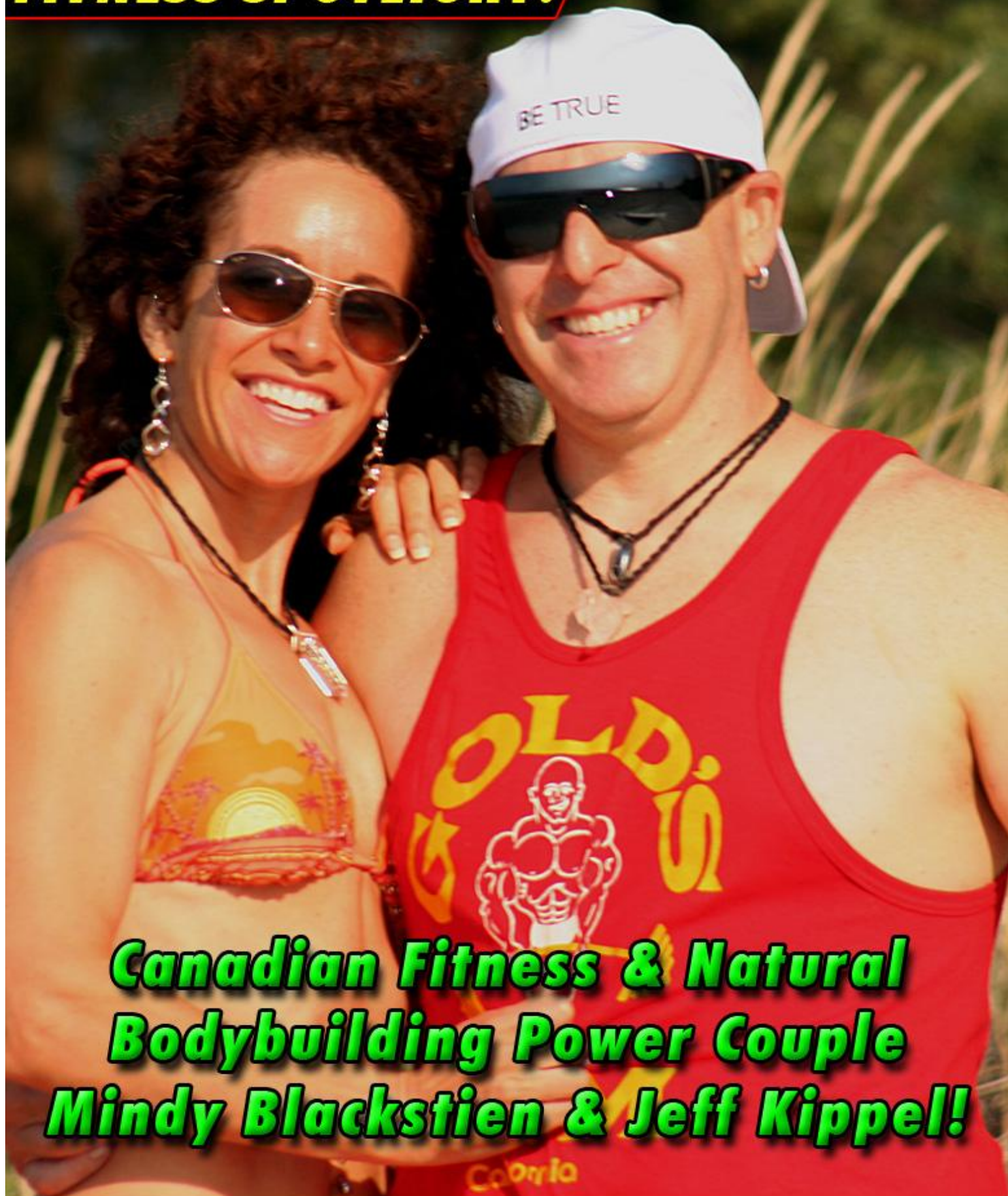
## *Doug Champigny*

Success Lifestylist,  
Personal Trainer,  
Speaker, Author  
Mentor & Coach.

[Click Here To Contact Doug](#)



# **FITNESS SPOTLIGHT!**



**Canadian Fitness & Natural  
Bodybuilding Power Couple  
Mindy Blackstien & Jeff Kippel!**



## ***Our Fitness Spotlight Brings You Important Personalities In The Health, Fitness & Wellness Community...***



### **This Issue, Meet Canadian Power Couple Mindy Blackstien & Jeffrey Kippel!**

When my wife TC & I, both published professional photographers, accepted a gig as official photographers for Toronto's Fitness And Modeling Expo (FAME) eight years ago, we had no idea we were about to meet two very special people - a couple who became close life-long friends of ours...

Jeffrey Kippel and Mindy Blackstien were the owners and organizers of the show, and you could never meet a nicer pair of people - it was obvious to us from the start that this couple REALLY cared about their athletes and exhibitors, and the natural health and fitness industry itself.

Over the intervening years we've seen that our initial impressions were spot on, and we've learned a lot more about these two, their history and their operations. And with their latest business evolution they've become not only pioneers of the natural fitness movement but most likely the future of the natural fitness & health movement as well, so it's important you get to know Jeff and Mindy too!



**Jeffrey Kippel** is one of those rare individuals who has been on the fitness path since early childhood. Involved in a wide variety of sports as a child, he

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especially enjoyed playing tennis & baseball.

By 11 years of age he realized he had to get stronger to improve his sports performance, so Jeff started his first weightlifting - using phone books on either end of a broom as his weights! That dedication led the boy to doing paper routes so he could buy his own weight set, and Jeff has never looked back...

Fast forward to 1996, and Jeff knew he wanted to start hosting and promoting natural bodybuilding events. Since none existed yet in Canada, Jeff headed to the United States, where the **International Natural Bodybuilding Association (INBA)** was hosting the Natural Universe competition in Los Angeles.

Out of his meeting with the organizers there came the first Canadian event when Jeff hosted the **Canadian National Natural Bodybuilding Show** in 1998. The first of 3 shows Jeff would stage under the INBA banner, the Canadians were held at the University of Toronto's Hart House theatre. Between 60 & 70 athletes competed before a sold-out crowd, confirming the need for and interest in natural bodybuilding and fitness events in Canada.

Deciding to work towards starting his own natural bodybuilding organization, Jeff then took on the role as head coach and assembled a team of natural athletes. His team sent 33 athletes to the **Natural Olympics** in Greece, 25 to a competition in

Las Vegas, Nevada and 20 to the **MuscleMania** event in Redondo Beach, California.

By the end of 1998 Jeff had planned his full 1999 season, all while still operating his own personal training business in his home gym. And as fate would have it, that personal training business would lead to him meeting his soul mate...



**Mindy Blackstien** is a perfect example of how beautiful and sexy being truly fit can be. Mindy got an early start with cardio training while still in high school, then went on to being an aerobics and spinning instructor as she studied psychology at the University of Western Ontario.

Already training clients as a certified personal trainer at a local gym, Mindy attended a sports aerobic competition in 1998 and knew right then and there that



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she wanted to get involved in fitness showcases. And as luck would have it, her timing was perfect...

In January 1999 Mindy's sister & brother-in-law saw a sign for Jeffrey Kippel's personal training business, and Mindy contacted Jeff about training her clients in his facility as well. If you've ever met Jeff & Mindy or seen them on TV, you couldn't miss the excitement, energy and enthusiasm that flows from the synergy of these two, so it's no wonder they hit it off right from the start!

The pair immediately combined their ideas and aspirations to create the dynamics for exciting, entertaining fitness shows and including figure and fitness modeling into the standard bodybuilding format. These discussions led to them incorporating the **World Natural Sports Organization (WNSO)** that year as their initial vehicle for hosting and promoting their fitness showcases.

Over the next couple of years Jeff & Mindy hooked up with Canada's national sports television network, **The Sports Network (TSN)**, and created the **TSN Fitness Series** TV show. The WNSO also staged Canada's first **Fitness Canada Pageant** and **MuscleMania Canada**, again both televised nationally on TSN.

As their promotional prowess and fame grew, new opportunities opened up quickly. In 2002 they teamed up with Planters Peanuts to host the **Fit Nut Talent**

**Show** at Toronto's prestigious Ontario Science Centre. They followed that up by presenting the **Canadian Active Lifestyle Expo**, an event that included 200 fitness athletes, 1300 competing cheerleaders and featured the 1<sup>st</sup> National Junior Men's Natural Bodybuilding competition.

Later that same year the 'dynastic duo' conceived a better way to present fitness, and specifically fitness events, and launched the **Fitness And Model Expo (FAME)**. Diving right in, they picked a Spring 2003 date for the first FAME event and went into hyper-drive to get everything together in just a few months.

They booked the Toronto Convention Centre for the event, planned it all out and started promoting it every way they could - but with 2 weeks to go before the show, potential disaster struck...

Toronto was hit with the SARS epidemic, and events and conventions were being cancelled in the city at an alarming rate. But rather than disappoint everyone involved, Jeff & Mindy hit the promotional trail even harder, and it paid off big-time.

While they lost about 50 athletes and a dozen sponsors due to the epidemic, the show went forward with the expo and fitness, martial arts, arm wrestling and fitness trainer competitions. Over 200 fitness athletes, 170 exhibitors and a total of over 900 competitors participated, making the show a huge success.

One major innovation at the show was



putting the stage IN the expo hall, instead of having the two separate like other shows do. This allowed spectators to browse the booths while watching the show, and those working the booths to see the show as well. Just as importantly, the competitors were able to mingle with potential sponsors between categories - a win-win-win for all involved!

Because of the phenomenal efforts Jeff & Mindy had made to keep the show on track and get as large a crowd as possible they were dubbed 'a propaganda machine' - and they lived up to that moniker big-time over the next few years, creating and distributing 1 - 4 MILLION promotional pieces per year for their shows and events from 2003 to 2006.

Unlike the small black & white posters others were using at the time, these were full-color movie-style posters, with separate posters designed for each type of competition. Criss-crossing all over Ontario to distribute the posters and schedule live media appearances in as many markets as possible, the pair kept their audiences growing, right along with the number of competitors at each show.

By 2006 they were also publishing the FAME magazine, and their 'BodyProud' concept was introduced to the fitness community that year through the magazine.

2007 Marked the 10<sup>th</sup> Anniversary of their first events, and the company moved their

expanded staff into new offices in Toronto's toney Yorkville district. The number of events ballooned across the country and all was going well...



Jeffrey Kippel (left) & Mindy Blackstien (right)  
with **Flirting With Fitness** photo editor  
T.C. Champigny (center).

The global recession in 2008 dealt a serious blow to the FAME operations, as both sponsors and advertisers were forced to default on monies owed, precipitating a downsizing and some serious scrambling to keep the FAME ideals alive.

Once again Blackstien & Kippel met the challenge head-on, and a reduced and revamped FAME and BodyProud made it



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through the tough breaks and continued on, on a smaller but still impressive scale. And it was at their 2009 event in Ft. Lauderdale, Florida that the new 'BodyProud Showcase' first debuted...

"On the Friday night we invited the participants to come up on stage not to compete, but to share their stories of what they had overcome to get to this point, what motivated them to stay with it, and what memorable moments they'd had along their fitness journey" says Jeff. Mindy adds "It was a night of tears and cheers as the athletes and the audience got a rare glimpse of how far each person had come and really saw them as PEOPLE as opposed to simply competitors. It changed the whole weekend, as this was now a friendly competition amongst friends."

So it's no surprise that they intend to make the BodyProud Showcase more of a feature now, to help fitness athletes and bodybuilders be more confident and happier with their progress - check out their support site at

<http://bodyproud.org/> to see all the benefits you can derive by joining the site.

But confidence isn't the only area they're helping athletes with these days - look at what they're doing with [Truestar](#)... Not only have they sourced the highest-ranked vitamins (according to the [Comparative Guide to Nutritional Supplements](#)) and protein online, but they've devised a way to let the site be an income source for

athletes, trainers, gym owners, etc.

First, you can save up to 40% on your own products, or even get them free by referring others who get their supplements through them. Further, fans can buy their vitamins, protein, etc, through links provided by their favorite fitness stars and help support that athlete while getting the highest-quality vitamins, which you'd be buying anyway, right?

Those two innovations alone make Jeff & Mindy a bright light in the future of fitness and bodybuilding in North America - but Canadians will find yet another big benefit lies ahead... They're bringing the International Natural Bodybuilding Association back to Canada!

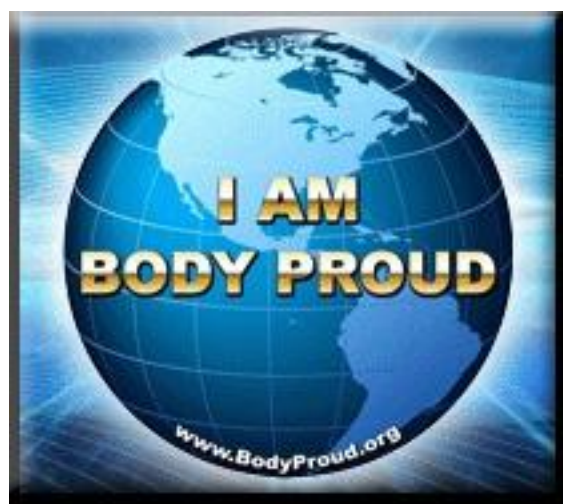
Plans are being formulated now to have INBA competitions across the country, with city, provincial, regional & Canadian competitions being the end goal. Along with these events, it's hoped an INBA Natural Team Canada can be assembled from the cream of the crop, to represent Canada in the World championships.

From natural bodybuilding pioneers to their plans for the future of drug-tested fitness sports, the vitality, excitement and enthusiasm of Jeffrey Kippel and Mindy Blackstien continues to leave their mark on the sport. We'll touch bases with them from time to time to keep you updated as they progress and evolve, and in the meantime you should be following them on Google+, Facebook and Twitter - and don't

forget to sign up for your membership at <http://bodyproud.org> while you're at it... Or if you want more info on getting the best supplements or making money with them, either contact Jeff & Mindy through their social media accounts or BodyProud, or visit [Truestar's website](#) - just be sure to touch bases with Jeff & Mindy to learn how to use the site most effectively!

[Follow Jeffrey Kippel on Google+](#)

[Follow Mindy Blackstien on Facebook](#)



[Visit The BodyProud Website!](#)



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A vertical collage of promotional images for 'Burn The Fat' by Tom Venuto. At the top is a photo of Tom Venuto, a muscular man with his arms crossed. Below it is a blue banner with the text 'tom venuto's BURN THE FAT™' and 'Eat More. Burn More.™'. Below the banner is a photo of a muscular man's torso. At the bottom is a photo of a woman with long dark hair. The entire collage is set against a black background.



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# INBA

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Poster Design: Mark Waiton. Photo Credit: Gerri Weatherbee and Mark Waiton.

# TRAINING!

## *Is It Time To Set Up Your Own HOME GYM?*



Is a home gym right for you? Hang on - before you answer, think about a few of the issues that affect your answer...

Are you motivated enough to start - and stay with - an exercise program on your own? Or do you know someone who will show up reliably to work out with you?

Do you already know what exercises you want to do, or have a knowledgeable workout partner? Maybe some training DVDs from a reliable coach?

We all know people who spent good money for workout machines or treadmills, only to turn them into very expensive clothes hangers. But then, consider the other side of the coin - those who join commercial gyms.

When you join most gyms you end up signing a year-long contract, right? So if

you go for 2 or 3 months and quit, you're still paying for it for the whole year. Then, 2 years later you decide to try getting back in shape again, only to have to pay for a full year once again. A surprising number of people go through this year after year, usually as a New Year's Resolution.

Now picture that same scenario, but replace the gym with a home gym. Each time you come back to it you've still got those weights you bought that first year, and you only need to spend more as you progress and need additional weight or different apparatus for more advanced exercises.

Truth is, then, if you're really serious about working out and getting in shape you can do just fine with a home gym or a commercial gym membership. But if you're going to be flirting with fitness on and off



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over the years, you're much better off with a home gym. And as you can see, if you're not really sure whether you'll stay with it or not, a home gym is still your best choice.

How much room will you need for an effective home gym? That depends on your current level, your goals and your budget. For example, someone just starting out can easily get a good workout with just some dumbbells, which can be stored behind the couch when not in use. Two dumbbells and a variety of weights will let you do a good full-body workout, but all too often it can also become an 'out of sight, out of mind' scenario.



*While you only need a few weights to get started, your collection will grow over time as you progress!*

When I was single & living in a 1-bedroom apartment, I used the dining room as my weight room, complete with 2 weight benches and mirrors. When TC & I got together we moved to a 3-bedroom apartment, using one for our office and one for the weight room - she wasn't

enamored with the idea of a weight room in her dining room for some reason... ;-)

Now we use a 12x12 room in the basement as our training lair, and it's big enough for us and our son Devon to all train together, and to train clients in as well. So really, the amount of space needed is dependant more on how big a part of your life you want fitness to be, as opposed to the physical space you need to allot to it. Even if you're in one room, your weights can snooze comfortably under your bed between playtimes!

## Equipping Your Home Gym

As we've said, you can start with just a pair of dumbbells and some weights - or even the new adjustable-weight dumbbells. The adjustables are more expensive and take less space - but I still prefer free weight plates, especially since as you progress you'll want to use them on barbells as well.

How much weight you'll need depends on your current strength and your goals. If you're looking strictly to build muscle, that takes less weight and higher reps. Building strength takes heavier weights for fewer reps. Working out to be healthy and fit will go back and forth in the range between the two.

At a minimum, start with a pair of dumbbell bars and 4 each of 2½ lb, 5 lb. and 10 lb. weights. (.7kg - 4.5kg) This will let you build dumbbell pairs of 5 pounds

each to 35 pounds each, allowing a good range and plenty of weight for those just starting out. From that point on it's easy to add more plates as time goes on - just remember to buy them in multiples of 4 so that you can keep 2 dumbbells each balanced end-to-end.

If you're fairly sure you'll stick with it for at least 6 months, you'll want to start a step up from that by including a weight bench and a barbell, plus probably some 25 lb or 10 kg weights to put on it. At this point you'll need to dedicate some room for it, but again, the bench can be pushed up against the wall when not in use and the weights stored under it. Avoid the temptation to put other things on it or hang clothes from the uprights - you want to USE this equipment 3 times a week or more!

## Choosing A Workout Bench

There are a myriad of workout benches available, and the selection can be confusing for a first-timer. Right off the top, eliminate those small benches made with legs that are about ½" square. These benches become unstable in short order and are generally not intended for any real weight - and no matter what point you're starting at your weights will get heavy as the months and years progress.

From that point it becomes a matter of preference, which is difficult if you're not already working out. We have two benches

in our training lair - our main set-up is a two-piece affair, with the bench and uprights being totally separate. This not only allows the bench to be moved closer or farther from the supports to accommodate different body heights, but allows each part to be used separately - the bench for various exercises and the uprights for squats, etc.



*Your main bench should be 2 separate pieces - the bench itself and the upright weight supports - like the Apex AX 859 shown here. Make sure the bench will go flat, inclined and declined to be able to do the greatest variety of exercises.*

Our second bench is all one piece, but it includes a pulldown tower for us to do lat pulldowns, triceps pushdowns, seated rows, etc. A tower, like the exercises that use one, isn't strictly necessary, so if you're only getting one bench for now then opt for a two-piece setup, with good solid construction and a multi-position bench that can go from incline to decline - too



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many of the benches out there won't do decline, so be sure to check and not just assume.



*Many benches have attachments that extend their range of uses, like the leg press, leg curl and preacher curl attachments on the Apex bench.*

## Choosing Your Barbells

One important point is to get your bench first and then buy your barbell, as not all barbells will work with all benches. There are two main choices to make when purchasing your first barbell:

- 1) Barbell diameter. There are two common types of weights to choose

from, and you have to decide which you'll be using so you can buy the right barbells to go with them. Most home gyms use a 1" bar and weights with a 1" hole in the center. But commercial gyms, and some home gyms, use a larger bar and weights with a 2" center hole, usually referred to as Olympic weights since these are the style used in the Olympics as well. For 99% of people neither is better than the other, so it's probably best to make your choice based on what's readily available locally.

- 2) Barbell length. When first starting out you may not realize that the standard bars come in different lengths, most commonly 6' and 7' (183cm & 213cm). You need to choose one that fits best with your weight bench, making sure it fits in the uprights without the collars sitting on the support posts. In our case we use a 6' bar with the bench that includes the tower, but needed a 7' bar to fit the wider-spaced uprights on our 2-piece bench.

Also, if you have wide shoulders you'll want a bench that takes a 7' bar, as you'll need the extra width between them when setting up for squats. The bar rests on your upper back near your neck, and you need to

be able to grab the bar on either side of you for stability, which often necessitates a wider bar and plenty of room between the supports.



*You can start with just 2 dumbbell bars or those and a barbell, then add in specialty bars as you progress - before long you may have a collection like these!*

As you progress you'll most likely end up getting additional bars as well, such as an EZ Curl bar for doing bicep curls, a triceps bar, etc. To start with, however, just worry about getting the bench and bar best suited to your own situation and goals.

## Accessorizing Your Home Gym

One of the most important aspects of your workouts is your attitude - headspace, if you will - during the workout itself. So if you're setting aside a room for your home gym, accessorize it with items that will help.

The first & most important is mirrors - the bigger the better. You'll want them to be able to check your form on each exercise, and to improve your mind-muscle connection. It's often said that a

bodybuilder's back is the toughest part for him or her to max out, because it's the one muscle they can't watch in the mirrors as they work that bodypart.

Next up is motivational posters, pictures and slogans. There are a lot of great posters depicting great bodies online, so pick the ones that speak to you - those that motivate you, those that show the muscles you're trying to build, those of people who have the look you're after, even the type of people you want to hang with once you're in great shape.



*Motivational fitness photos and some great, hard-paced music make every workout that much better by helping your mindset stay on track for better gains!*

Muscle charts are helpful too, as are the traditional slogans usually associated with bodybuilding. You may not relate to 'No Pain, No Gain' or 'No Guts, No Glory', but what about 'Just Do It' or 'Tough Times Don't Last. Tough People Do.' Pick the ones that resonate with YOU and either buy the



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posters or print out the slogans and get them up where you'll see them during your workouts.

Another important piece is your whiteboard or blackboard. You'll want to write out your workout so you know what exercises you're doing each day, along with keeping track of what the top weight was in your last workout. Remember that to build muscle, get stronger or improve your health you need to be following the 'progressive resistance' concept by regularly increasing the weight you lift, the number of reps you do and/or shorten the rest period between sets. You won't be sure you're progressing if you don't know what you did last time.

So there you have it - you can start your home gym for next to nothing and build from there, all the while knowing that most of your equipment will last you for years and years. And once the basics are in place, there's very little else you need to add, and almost all of it can be added as you feel like it, with few major outlays along the line.

From small purchases like workout gloves, lifting straps, pull-up straps and squat bar pads to bigger purchases like fixed weight dumbbells and squat racks, each is optional and depends only on your desires, progress and budget. Compared to paying for gym memberships year in and year out, a home gym can save you a lot of money and commute time, while being custom-

equipped to match YOUR goals.

One final advantage to a home gym is scheduling - you can work out morning, noon or night as you prefer. And when time is tight or just tightly-scheduled, you can always do half in the morning and the other half later in the day, depending on when you have the time free to hit the weights. And having a well-equipped gym that always fits YOUR budget and YOUR schedule goes a long way towards helping you stay on track to follow your own road to the fitness lifestyle - get started on YOUR journey today!



*A pull-down tower like the one on this Weider Vector 7 bench is a nice addition for down the road if you have the space for a second bench.*

# Healthy Nutrition...

## It All Starts With The Basics!

by Doug Champigny, CPT.



### ***Healthy Nutrition - It All Starts With The Basics...***

Like any finely-tuned engine or machine, your body needs the proper fuel and additives to function at its best. And when it's all boiled down to basics, that's all food, supplements, vitamins, etc., really are - fuel for your body.

#### ***The Biggest Problems:***

Unfortunately, somewhere along the line we've developed emotional attachments to some foods - especially unhealthy foods full of sugars. Known as 'comfort foods', these high-carb foods tend to be used as desserts and treats, and are often 'awarded' or withheld based on our behaviour as kids, thus setting us up for a

lifetime of unhealthy eating practices.

Another equally-common issue is not paying attention to the quality and quantity of food we eat until we find ourselves overweight, at which point too many people simply reduce the amount of food consumed in the hope that will reduce their weight. Should that work, once they've reached their target weight they'll return to their previous intake, setting off the whole yo-yo dieting cycle.

A third major problem is eating healthy meals too infrequently during the day. People get busy, get too involved watching TV or a movie or similar distraction and don't eat at their usual time. Feeling hungry, they then snack on whatever is available, usually some convenient junk food. Or they simply put off eating, and then gorge themselves at their next meal



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to satiate the higher level of hunger.

A fourth major issue is thirst - while people have been known to go 30 days without food, they would die within 7 days without water. Water is used in almost every bodily function in every part of your system, so your body requires a fair amount of water every day and is quick to let you know when it wants more.

Unfortunately most people often mistake thirst for hunger and end up eating when their body wants them to be drinking. The result is more calories and less water than the body needs.

All too often people will try to slake their thirst with sodas or other liquids that just don't do the trick for their bodies. Once more they have higher carbs and sodium intake at a time when the body simply wants water. If you really want something other than plain water, brew up a green tea blend that you enjoy without adding milk or sugars.

### ***Healthy Nutrition - The First Steps:***

The first step is truly grasping the basic concepts of food, digestion and nutrition. As we've seen, food is used as the fuel for the body, and the common way to measure the nutritional value of that fuel is by the amount of energy it provides - the number of calories.

A calorie, then, is a measure of energy. To be precise, it's the amount of heat

required to raise one gram of water one Celsius degree. You don't need to remember that, though - just remember that calories refer to the amount of heat energy produced when your body burns the food you've fueled it with.

Foods are loosely broken down into protein, carbohydrate and/or fats, with the first two providing 4 calories per gram and the latter providing 9 calories per gram. The amount of calories your body requires per day is affected by any number of variables, including your activity level, how efficiently your body uses calories, your existing body mass, your lean muscle mass, hormonal balances and imbalances, etc.

As a general rule, start with 12 times your bodyweight in pounds - i.e. if you weigh 150 pounds, start with 1,800 calories per day ( $150 \times 12 = 1800$ ). If you're extremely active or have a very fast metabolism that number will have to be adjusted upward, while a slow metabolism would require it to be reduced somewhat in order to maintain your target weight.

Start with the twelve-times figure, eating roughly that number of calories for a couple of weeks and measure the change in your bodyweight. Then slowly increase or decrease your intake as required to keep your weight where you want it to be.

So where should those calories come from? Your body requires a blend of proteins and fats to build and repair your body and

carbohydrates for energy. Too few carbs and the body will use proteins for energy, too many carbs and your body stores the excess as bodyfat.

How much of each type varies by person, but one general rule applies: muscle burns more calories than does fat, so your body will try to only maintain enough muscle to meet your daily requirements while trying to retain as much bodyfat as it can as protection against future energy deficits.

It's easy to see the effects of this rule... When you're working out regularly with progressively heavier weights, your body responds by building more muscle to meet the daily demand - and when you stop working out for an extended period your body responds by reducing the amount of muscle it maintains on your frame.

Similarly, once you have 'extra' bodyfat, your body will fight to maintain it - even slowing down the speed it burns calories at (your metabolism) if you reduce your caloric intake for more than a few days. This same protective mechanism, developed in ancient times when eating was a cycle of feast and famine, is one of the main reasons that dieting so seldom works for weightloss unless combined with additional exercise.

Simply put, eating enough to maintain muscle mass while avoid excessive bodyfat is a fairly narrow path, and no one can tell you exactly what it will take. You need to at least roughly monitor your intake and

the results and then modify your intake as required.

Worldwide today we're seeing the effects of consuming too many carbohydrates, especially simple sugars. The Red Cross has listed obesity as the greatest risk to human health right now, and the explosive growth of Type 2 Diabetes is another serious threat caused in large part by excessive sugar consumption - so be particularly vigilant about the amount and types of carbs you eat each day.

But as with your total caloric intake, we do need a starting point from which to make our individual adjustments. While you'll see all different ratios recommended, I prefer to start with a protein:carb:fat ratio of 1.0:1.4:0.6 - 1 gram of protein to 1.4 grams of carbs to .6 grams of fat.

If we stay with our 150-pound example of 1800 calories per day, that would mean getting 600 calories from protein, 840 calories from carbohydrates and 360 calories from fats. That gives us a daily intake of 150 grams of protein, 210 grams of carbs and 40 grams of fat. Again though, this is very generic and will need to be modified to fit your body's metabolism and your energy output.

Your proteins should come from lean sources - eggs, chicken, lean beef, fish, black beans, etc. Your carb intake should include as much fiber and complex carbs as possible, with very little simple sugars or fructose - include whole grain oats,



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green leafy vegetables, yams (sweet potatoes) in place of white potatoes, etc. Your fats should come from the meat & fish you eat, fish oil supplements (Omega-3 & 6), nuts and coconut oil and/or extra virgin olive oil.

So what should a typical day's menu look like? For breakfast, choose oatmeal or eggs. Be sure to choose steel-cut oatmeal or rolled oats, not any of the instant or flavored oatmeals. Check the label to be sure there is zero sugar and zero sodium - you can add a bit of either if you wish, but start with the real food only.

For your lunch, stick with salmon, tuna, chicken or turkey. If you're going to use it for sandwiches, stick with 100% whole wheat bread and compare the ingredients between your local brands. Once again go with the lowest sugar & sodium content.

If you want a bit more with it, opt to add a salad beforehand - either a green salad with a drizzle of oil or peel & shred some carrots & beets together. If salad's not your thing, simply have an apple to finish your lunch.

For supper try chicken, fish or extra lean beef, with sides chosen from yams (sweet potatoes), brussel sprouts, broccoli and/or cauliflower. If you're on the habit of eating dessert after each meal, now is the time to break that habit, as the sugar high from sweets and baked goods ends quickly and both drops your energy quickly and leaves

you feeling hungry sooner.

To round out your day, have a snack about an hour before bed. A handful of almonds, a low-carb protein bar or a cup of cottage cheese are your best choices, as each has the nutrients you need without raising your blood sugars and making it harder to sleep.

Hydration throughout the day is equally important. Have a large glass of water when you first get up, before starting your breakfast preparation. Then have another with each meal, one between each meal and one with your mid-evening snack.

Coffee, black tea, fruit juices, flavored drinks, drinks containing any alcohol and soda pop don't count towards the total - if you're going to have any of those, they should be in addition to those 8 glasses of pure, clean water.

While there are plenty of combinations you can make from the above to keep your menu varied, there are also plenty of good, healthy recipes online that you can make using the above foods. Just be sure to keep your carb intake reasonable and use only whole foods when preparing them.

### ***Healthy Nutrition and Exercise:***

If you're doing HIIT training, crossfit or cardio as part of a weight loss or weight maintenance regime, obviously you'd be defeating your purpose if you were to eat more to compensate for your exercise-

induced calorie deficit.

On the other hand, if you're trying to add lean muscle mass with weightlifting, you'll need some extra, clean calories to achieve your goal. Start by adding pre- and post-workout shakes right before and immediately following your workouts.

These shakes should each have 20 - 30 grams of whey protein and 25 - 50 grams of carbohydrates. This is the only time I recommend adding simple carbs to your diet - you'll need them for energy to max out your workouts and to replace the glycogen in your muscles after the workout. Of course, if you have blood sugar issues like diabetes, you'll have to take that into account when deciding how many carbs to have in each shake.

Use the mirror and your existing clothes to



measure your progress - not the bathroom scale. A scale won't give you any indication of whether that new weight gain or weight loss is muscle or bodyfat, and just as those

looking to lose weight want to retain muscle and burn fat, those looking to build muscle don't want an extra load around their middle or on their

butt, hips & thighs.

Finally, avoid fast-food joints whenever possible, and be vigilant as to what foods and snacks you allow into your kitchen in the first place. It's much easier to start and maintain a healthy nutrition plan when there are no 'evil' temptations in the cupboard or fridge - when you do have those extra bouts of hunger, you'll have only healthy choices to choose from.

One thing to consider - the above is fine for most people, but if you have any issues or conditions that are affected by your nutrition - diabetes, fibromyalgia, food allergies or intolerances, etc. - be sure to check with your licensed medical practitioner before making any radical changes to your diet.

Assuming all is good there, you can use one of the [free online meal planners](#) that have already factored in the condition or issues you're facing to ensure you get the healthiest nutrition given your special circumstances.

The side benefits to healthy nutrition and eating clean are numerous. Beyond just weight control, healthy eating can go a long way towards preventing disease, heart attacks and stroke, help to eliminate the free radicals that increase your chances of cancer, give you a lot more energy, help your brain function better, improve your skin and even add lustre to your hair.



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# Mastering Mindsets & Igniting Relationships!

with *Celebrity Columnist*

## Susan Preston!

### *How To Find Your Ideal Partner*

You may not be in a relationship right now, and maybe you are not sure if you really want to have one right at this moment. But now is the time to get really clear on the type of person that you want to have as your ideal partner.

By knowing exactly what type of person that you want in your life, you will have a much better chance of finding them. You must get very clear on the partner that you want. Write down what are the qualities [Your Must Haves] that they absolutely must have or else later on, this could possibly be a deal breaker.

If you absolutely want to have children, then make sure that your potential partner

can even have them or that they even want to have them some day. Make sure that you get really clear on what you want before the stars & rockets go shooting off and you find that you are back in the same kind of relationship that you may have just left.

But before we get into how to find your ideal partner, let's look at you for a moment. Since we go to a relationship to give and share, are you giving to yourself?

It is so vital that you are continually filling yourself up with love, joy, happiness, honor, respect, worthiness, self-esteem, trust, and a Biggie; forgiveness. You see, if you are not doing this, chances are you are finding yourself drained after being in a relationship for a while.

You may be able to give of yourself for a



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short time, but sooner or later you will start to feel empty and you might even find yourself starting to become needy and a taker versus a giver. The reason being is that you can't continually give to someone else on a consistent basis if you are not continually filling yourself up with those goodies, as I call them.

You want to feel that you can give and share of yourself freely without feeling empty.

## **Tips On How To Find Your Ideal Partner:**

### **Get Clear:**

Really think about everything that you want your partner to be, your absolute 'Must Haves.' Write them down on a piece of paper. By getting clear on what qualities that you want your potential partner to have, you have a better chance of not getting into a relationship with the same kind of person that you may have just left.

### **Be Your Must Haves:**

It's equally important for you to become your own Must Haves. If you want your partner to be more honest, fun loving, affectionate, etc. ask yourself this, "Am I being and doing those things?"

If you expect your partner to be honest, but you are not, then you need to re-evaluate this. By being more honest, you

most likely will attract someone who is also very honest, as well. Like attract like, as they may recognize that quality in you, as they have it in themselves as well.

Even if your potential partner is a pretty honest person, but may want to be more so, as you grow your relationship they may even start to model your being honest, and become even more so.

### **Go To Places Of Interest:**

Go to places that you are interested in and where your ideal partner may be. If you love art and want someone that shares that same interest, then go to an art show or an opening of an art gallery, etc.

If you want someone who likes to go hiking then join a group that does that. Now you are getting the idea. If for instance, you don't want someone who drinks and parties, then you shouldn't be in bars every night, as you most likely will not meet your ideal partner there.

### **Continually Fill Yourself Up:**

Fill yourself up with all of those goodies that I mentioned earlier. One of the ways of doing this is by allowing yourself to just have time to let yourself, 'Be.' By doing so, you will find that you will start to grow even more so and be in a very happy and peaceful place. Take time out to pamper yourself and make yourself a priority rather than as an option in your life.

## Do Things That Make You Feel At Your Best:

Take the necessary steps to make you feel at your BEST. If you always wanted to get your hair styled a certain way, do it now and embrace it. If you are wanting to get into shape, start an exercise program and start eating healthy. If you need to get your teeth fixed and you feel self conscious about it, take care of it now.

You will not only be feeling Amazing inside by continually filling yourself up with all of those goodies, but you will be shining on the outside as well.

*"The purpose of a relationship is not to have another who might complete you, but to have another with whom you might share your completeness."* ~ Neale Donald Walsch

When you do these tips and are very clear on your Must Haves, you will have more of a chance of attracting your potential partner and less of a chance of falling into the same vicious cycle, that you may have been in the past. You will look and feel at your best and complete.

Embrace the Amazing person that you truly are and tap into your true Magnificence and let yourself really SHINE, as your ideal partner is out there and who knows, maybe looking for you!

## About Susan Preston...

Susan Preston is a Mindset Motivator & a Relationship Mentor. Susan can empower you to Master your Mindset and Ignite your Relationships by helping you to get the clarity to take your life and business to that next Amazing level. She brings a lifetime of experience to help you create that balance in every area of your life so that you are truly living your Dreams!



If you are having challenges in any of your business or personal relationships, Susan would love to help. Click for your [Free Consultation](#) and Susan will give a free 30 minute consultation to answer any pressing questions that you may have to give you the clarity that you may need, in order to move in the right direction.



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# 6-Pack Abs!

## Why They AREN'T A Suitable Goal For Most People!

**6-Pack Abs. Ripped. Shredded. Washboard Abs.** The fitness media is full of terms like these to describe abdominal muscles that stand out in stark relief. Yet sporting 6-packs is seldom what people think - and definitely not a realistic goal for most people outside of fitness models or bodybuilders preparing for a competition.

First, let's look at the truth about the people you see with shredded abs year-round. In most cases, it didn't take a lot of work to get those amazing-looking abs - they're most-commonly seen on people whose genetics blessed them with few, if any, fat cells on their midsection.

You see, everyone has ab muscles, and fairly well developed ones at that. You use your abdominal muscles in almost everything you do each day. They just aren't as obvious on some people because

of the thin, or not so thin, layer of bodyfat that covers them. If you're one of the lucky ones that carries your bodyfat elsewhere, you'll sport that washboard any time you're not overeating.

For most people, though, eating little enough to show off a great midsection will run the risk of health complications if you try to maintain an extremely low bodyfat level year-round. Even those shredded bodybuilders you see in the mags and on stage don't stay that way year-round - they follow a strict and somewhat severe diet for 6 - 12 weeks prior to competing to get rid of bodyfat and use diuretics to drain their body of any surplus water as the big day approaches.

The same is true for the cover shoots for fitness and bodybuilding magazines - either a shot is used from the last time that athlete was prepared to compete, or they



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spend as much as a month preparing for that shot using training and diet to give them that look - and again, just for that shoot.

Staying ripped year-round would leave you feeling lethargic and tired at all times, inhibit your muscle- & strength-building progress, and could lead to more serious health issues. Remember that every organ in the body has some fat content, and that your body uses some of its fat stores to protect your inner organs. Depriving it of the nutrients it needs will also affect everything from your skin tone to your hair - to say nothing of the hormonal imbalances and their effects on your state of wellness.

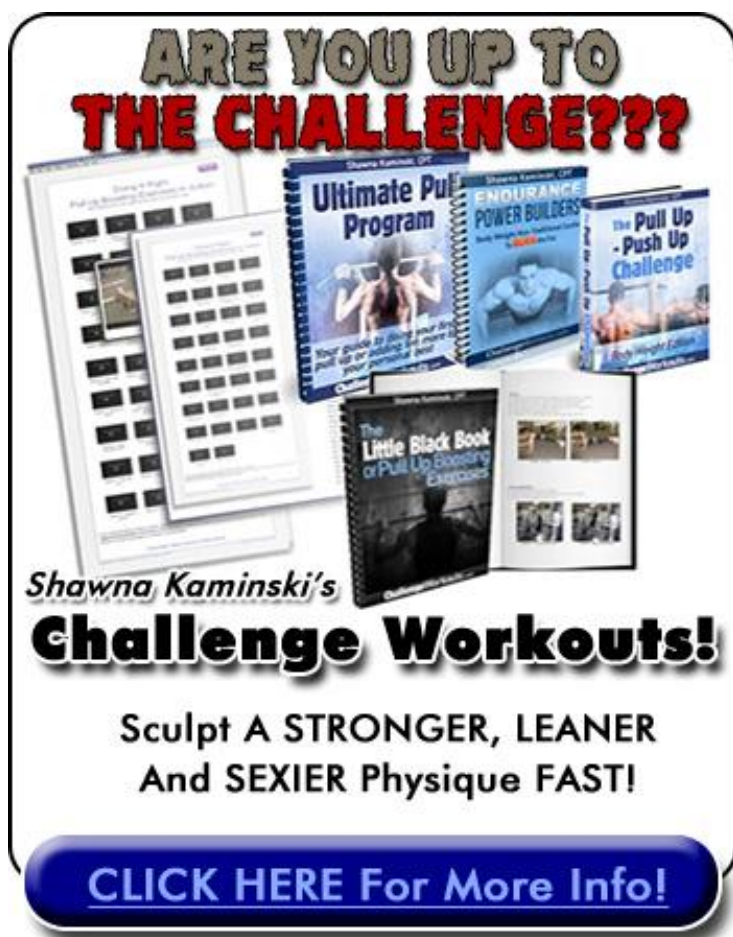
A better solution for most people is to keep your stomach area strong by working your abdominals regularly and aiming to maintain a healthy overall bodyfat level. For most fit people, that will give you a fairly flat stomach that leads up to the swell of your chest - a highly desirable body image in its own right.

It's important to keep your abs strong at all times anyway, both because of all the daily activity and to help counterbalance your lower back muscles and their pull on your spine and hips. One of the keys to avoiding, or minimizing, lower back pain as you get older is being sure to keep your abs and hamstrings as strong as your quadriceps (thigh muscles) and lower back muscles to keep the forces on your hips

and spine in balance.

By now you probably already know that you can't 'spot reduce' your bodyfat - that is, it will come off fairly evenly over your entire body. So trying to burn off just stomach fat or diet off just belly fat simply can't be done. It's necessary to reduce your overall bodyfat to start seeing any ab development, and that takes both a low-carb diet and a full exercise regimen.

There is good news, though... You CAN build an impressive mid-section even if you don't go to the extent of being totally ripped & shredded. A healthy, portion-controlled diet coupled with a workout routine designed to build bigger ab



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muscles can let you sport a belly to be proud of during the summer bikini season if you have the discipline to stay with it for a few months or more each year.

As always, the best solution for those who can easily afford it is to train with a certified personal trainer and follow the advice given when you consult a certified nutritionist (try to find one who is experienced in working with bodybuilders). Go over your exact goals with them, explain your preferred results and the time period you envision, then follow their advice to a 'T'. You're paying good money for their expertise, so don't self-sabotage your efforts by varying from their directions.

**"Why Increasing Your Bench Press May Be the Single Most Important Thing You Can Do To Gain Incredible Strength and Pack On Solid Muscle!"**



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If you're not in that snack bracket and can't afford to be trained by pros, you can still do a fairly good job of it by following the basics. After checking with your doctor to see if you have any special issues regarding diet or exercise, start by cleaning up your eating habits. Candy, baked goods and sodas are gone right off the top, as are most desserts.

If you're not already carrying much extra bodyfat, start by cutting back about 10 - 15% in your carb intake and adding in a bit more protein to help curb any resultant hunger pangs. If the spare tire around your middle looks like it belongs on a 18-wheeler, though, you'll have to cut your carbs back even further - especially any simple sugars and anything high in fructose (fruit sugars) like corn syrup. And avoid fast-food places like the plague - the 'hidden' calories in their food sure won't stay hidden on your body! ;-)

Your exercise regime should still stay full-body, but add in a couple more sets for building your abs. Like any other muscle, they need to be worked - HARD - with 48 - 72 hours between workouts. Doing ab work every day will keep your abs strong, but they'll be flat and smooth instead of having that washboard look.

Now if you've been doing dozens and dozens of sit-ups regularly, you already know they aren't giving you the stomach you're chasing. Truth is, they're one of the least effective ab exercises and often lead



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to lower back pain. If they're part of your current workout routine, scratch them off the list or delete them from your iPod and replace them with these three:

- 1) **Hanging Leg Raises.** These are just what they sound like - you grab the pullup or chinup bar or handles, bend your knees slightly and keep your legs rigid as you slowly raise your feet to waist level and back down again for each rep.
- 2) **Hanging Knee Raises.** Similar to #1 above, except this time as you raise your legs you'll bend your knees until you can touch them to your chest, or come as close as you can. Lower them slowly all the way back down to finish the rep.
- 3) **Bicycle Crunches.** Lie on your back and place your hands loosely on either side of your head, palms facing in and elbows pointing towards your feet. Curl your upper body forward off the floor and twist slightly to bring your right elbow across your body. At the same time, bend your left knee and raise it to meet your right elbow, then repeat using your left elbow and right knee. Keep your upper back and shoulders curled up off the floor for the full set to keep tension on your abdominals throughout, and keep both feet off the floor during the set so that your legs are pumping as if you were on a bicycle or stepper.

Work your way up to doing one giant cycle of 15 reps each for #1 and #2 followed by 15 reps with each side for #3, all with just enough time between exercises to change position. Rest for 30 seconds when the set is finished, then repeat the set 2 more times, again with a 30-second break between.

If you don't make it through all 3 cycles don't despair - just do what you can for today and repeat it again in 3 - 4 days. Over time you'll work your way up to being able to complete all 3 cycles in the time allotted.

Once you can complete the 3 cycles without trouble, carefully hold a dumbbell between your feet for exercises 1 & 2. Start with a light weight, say 10lbs (4.5kg) or so - remember the weight is at the end of your legs, so the leverage will increase the effect on your muscles. From that point you simply increase the weight a bit when you can make it through your cycles. As with any exercise though, only use as much weight as you can safely and prudently use without hurting yourself or setting yourself up for an accident. ***Safety first, as always!***

One issue many people face when starting this routine is having the strength to hold themselves in a hanging position throughout the set. The best solution I've found for this is a set of straps that go around the bar and

provide a 'cradle' for your upper arms. In essence they're each a big loop that let you rest your upper arm inside the loop while your hands grip the bar. The brand we use are called Perfect Pullup, but there are probably a number of different makes and models around - look for them wherever you buy your weights or do a quick search online.

As stated above, even this workout won't give you washboard abs, although it can build exactly that type of stomach muscle structure. The old adage that 'Abs are built in the kitchen, not the gym' is very true - no matter how good your musculature, you won't show off that 6-pack if it's covered with a thick layer of belly fat.

Should you decide that you really DO want a 6-pack midsection for a photoshoot, competition or beach vacation, follow this routine while cutting back on carbs, a bit at a time until you see your abs starting to stand out. If you're in tune with your body you'll feel your energy levels dropping along with the bodyfat, which again is a great reason in itself to only aim for etched abs for a short period before going back to your normal healthy diet.

If you want to achieve the look faster, don't drop your carb intake faster, but instead add some High Impact Interval Training (HIIT) into your weekly training regime. HIIT consists of very short,

extreme bursts of energy output mixed with more relaxed exercise and is much more effective at burning fat than steady-state cardio like treadmills.

In comfortable or warm weather, try hill sprints. Find a fairly steep hill or a set of stadium stairs that take you about 20 seconds to climb to the top if you run them full out. Run full speed to the top in 20 seconds, then walk or jog lightly back down, taking 40 seconds for the descent. Keep this cycle going for 15 minutes, completing the trip up and back down 15 times. Trust me, after 15 minutes of HIIT you'll know why it burns more calories than an hour of regular cardio!

Please remember, though, that this ab workout and the HIIT training are advanced workouts. The former requires fairly strong ab muscles while the latter taxes your cardiovascular system heavily.

If you haven't already been exercising regularly for months or years, start off slowly in terms of volume and intensity and work your way up towards these levels. Pay attention to the signals your body gives you - muscle fatigue, shortness of breath and rapid heart rate - and pace yourself accordingly.

An obese couch potato jumping right in at this level could do themselves permanent physical damage or even drive themselves straight into a heart



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attack pretty quickly, so be prudent in your pacing and if you haven't been exercising regularly for the last few years be sure to check with your doctor before starting or intensifying ANY exercise routine.

On the other hand, even if you never go for a 6-pack midsection and only do a modified, limited version of these exercises you'll still come out ahead of the game with the improved health, strength and appearance that come with being more fit!



*Oh, and looking sexier, having a much stronger midsection plus more energy and endurance does wonders for your sex life too - but I'll leave it to you to do your own research on that part! ;-)*



# 5 TIPS TO GET A FLAT STOMACH

Stop making  
these 5 major  
mistakes and you  
will finally lose  
your stubborn  
belly fat



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# *Life In The* **GROOVE** *At 50 & Beyond!*

*with Celebrity Columnist*

## **Tina Anderson!**

***Hello Fitness Friends and welcome to Life in the Groove and Life in the Groove at 50 and Beyond!***

I'm so excited for the launch of this magazine because we need more practical, relevant and well thought out protocols for maintaining healthy lifestyles. I've certainly had my ups and downs over the years trying to stay fit and eat right and I'm sure some of you have, too. In fact, that's how I ended up with my current blog and approach - living your life in the groove - finding **superGroove** (as I like to call it).

What is life in the groove? For me and hopefully for you, it's functioning at your best at any given time as a result of using your inherent talents and gifts; surrounded

by the right people and energy; in control of negative and positive thoughts; fueled by proper nutrition; and, motivated and driven by the desire to contribute something worthwhile and needed in your community and even in the world.

I know - take a deep breath, right? It's really not that complicated when you start making good decisions on a consistent basis. I've got your back and I'm in your corner and we can live strong, fit and joyful if we make it a priority.

And, what about me, you might wonder. What is my background and how do I qualify to help you? Without going into a long dissertation about my amazing life (smell the hint of irreverence), since I have 50+ years to review, I will share the following.



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I have made many mistakes and I have taken long, arduous paths to reach conclusions, destinations and success when they were attainable and reachable in a much easier manner. I dived into emotional renewal and worked on finding ways to feel more connected to myself, those around me and to that which I am meant to do in this world. It was hard work. Still is. Probably always will be. The good news - I am sharing my experiences, my knowledge, my training and my education in fitness, health and well-being and even nuggets from my professional career in media so you can take a few shortcuts and still enjoy what I call the **GrooveJourney**, which is usually more meaningful and important than the destination, anyway.

And, here's the deal. If it's not fun, I'll find the most efficient way to get it done so we can move on. There's an incredible fun factor at 50 if you live strong and I believe we can and deserve to live vibrantly if we so choose. (I'm in. What about you?) Let's rock the free world together!



## About Tina Anderson...

Certified through ACE and AFAA and possessing a number of specialty fitness certifications, Tina Anderson started teaching group fitness in 1985 and has coordinated or consulted for over 15 group fitness programs, served as a master trainer and coordinator for Star Trac Fitness and their Precision Cycling Program, completed project work with major corporations and on international projects, presented as a guest speaker and maintained her personal training business throughout. As a fitness author, Tina's articles often appear in national and international fitness publications.

Tina is an independent trainer in the South Orange County, California, area where she trains small groups and private clients - [contact Tina Anderson](#) for information on her current and upcoming Battleground Fitness programs and classes.



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# Weight Loss Basics...

**1,556,598,467**  
**OVERWEIGHT**  
**PEOPLE**  
**IN THE**  
**WORLD**



Overweight and obesity are defined as abnormal or excessive fat accumulation that may impair health.

Body mass index (BMI) is a simple index of weight-for-height that is commonly used to classify overweight and obesity in adults. It is defined as a person's weight in kilograms divided by the square of his height in meters (kg/m<sup>2</sup>).

A person with a BMI greater than or equal to 25 is overweight.

A person with a BMI greater than or equal to 30 is obese.

Source - World Health Organization - [who.int](http://who.int)

**FORTUNATELY,**  
**OBESITY IS**  
**PREVENTABLE**



Making healthier choice of foods and regular physical activity are the easiest choices in preventing obesity.

Source - World Health Organization - [who.int](http://who.int)



# COMMON HEALTH CONSEQUENCES OF BEING OVERWEIGHT

- cardiovascular diseases (mainly heart disease and stroke), which were the leading cause of death in 2008
- diabetes
- musculoskeletal disorders (especially osteoarthritis - a highly disabling degenerative disease of the joints)
- some cancers (endometrial, breast, and colon).

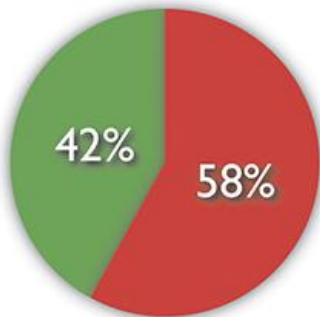
Source - World Health Organization - who.int



**SAY NO TO  
FATTY FOODS  
AND SUGAR**



**SAY YES TO  
REGULAR  
EXERCISE**

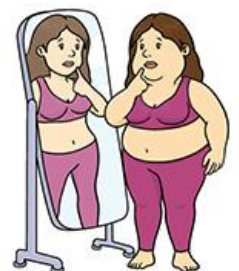


**BY 2030 MORE THAN HALF OF THE  
WORLD'S POPULATION WILL BE  
OVERWEIGHT OR OBESE**

Source - traineo.com

**IF YOU ARE OVERWEIGHT LOSING AS  
LITTLE AS 5-10% OF YOUR BODY  
WEIGHT MAY IMPROVE YOUR HEALTH**

Source - National Institutes of Health



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# WEIGHT LOSS TIPS

## #1 GO FOR A WALK

Walking is one of the best forms of exercise you can do and when the weather is nice, it's an easy way to keep fit. Try some of these other tips for getting more walking in:

- ✓ Park your car as far from the entrance as possible
- ✓ Take the stairs instead of the elevator
- ✓ Use a push mower instead of a power one
- ✓ Take the dog for a walk
- ✓ Walk to a colleague's desk instead of using the intercom



## #2 STOP EATING OUT AS MUCH

Fast food is very convenient, but it can also be high in fat and calories. By cooking your own meals and eating at home more often, you will not only have more control over what goes into your food, but over time you will save money too.

## #3 EAT BREAKFAST

If there is one thing that nutritionists agree in, it's that you shouldn't skip breakfast. Skipping breakfast may make you more likely to indulge.



## #4 EAT SMALLER PORTIONS

This seems like a no-brainer, but we often don't think about portion size.

At restaurants, try cutting your meal in half and taking the rest home to have as another meal.

At home, use a smaller plate than you normally would. You won't feel like you're having less because the plate will still look full.



## #5 DO YOGA

Most people think of yoga as a way to increase flexibility and de-stress, but did you know it can also help with weight loss.

Doing yoga on a regular basis can help build muscle, which in turns boosts metabolism.

## #6 SPEND MORE TIME OUTDOORS

With TV, the internet, and video games being so popular, we are spending less and less time doing outdoor activities.

In Norway, it's tradition for the entire family to spend Sundays outdoors doing such activities as cross country skiing in the Winter and hiking in the Summer.



## #7 BUILD MUSCLE

It is recommended that you build and maintain muscle mass 3 times a week. Push-ups, lunges, and squats are muscle building exercises that you can do practically anywhere and without any equipment.

When you have more muscles, your metabolism will increase and will help burn more calories.



## #8 HIRE A TRAINER

Don't think of this as a cost, think of this as an investment in your health and fitness. If you are serious about getting in shape, hiring a personal trainer is a great way to do it. Not only do you get their expertise, but you'll also have someone there to push and motivate you, and keep you accountable.



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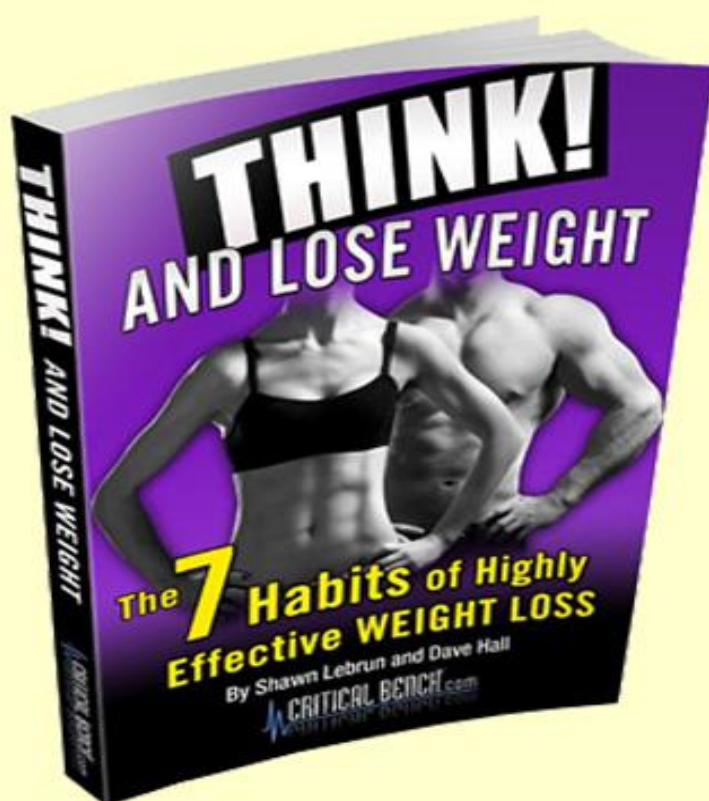
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## Introducing: **THINK! and Lose Weight**



The 104-page “**THINK! and Lose Weight**” eBook contains advice and specific directions on choosing habits that support weight loss.

Instead of making weight loss complicated, you'll have the 7 simple, proven habits of effective weight loss at your fingertips. Once you replace your poor habits with new and improved ones... you'll lose all the weight you want.

This ebook shows you how to lay the ground work for healthy habits that support weight loss without any additional effort.

The ebook also contains the specific exercises, reps, sets, and other workout information Shawn uses to train his personal training clients to lose weight fast.

He even provides a sample workout routine to follow... including the best exercises to use, the days to work out, and the number of reps and sets to use.

*Includes Nutrition and Workout Program*



That's not all, Shawn also provides a complete breakdown of all the best foods to eat, when to eat them, how much of them to eat, and all the other things that make your nutrition simple.

**[Click Here To Read Why This Program Is So Effective!](#)**



# ***Featured Special Report!***

***This Issue's Topic:***

## **The New Fitness Revolution: Exergaming!**

### **The New Fitness Revolution: Exergaming**

#### **Introduction**

The idea that many of us need more exercise isn't a new one. However, with more and more of us working behind a computer instead of using our bodies each day, getting fit has become a concern for a growing percentage of the population.

The main obstacles are time and motivation. Although we pretty much all know *how* to improve our fitness levels, we just find it boring or too time-consuming to actually do it!

Our society is always looking for the "easy button", and fitness gaming is the latest craze to sweep the nation. The great thing about it, however, is that it can actually work! Sure, it still takes effort. But it's the kind of effort that can be fun at the same time!

The days of spending money to workout outside of the home at a fitness club, or buying dull exercise DVDs, are gone - if you want them to be! Enter the new age of exercising in the privacy of your own home with fitness gaming.

#### ***What is Fitness Gaming?***

Fitness gaming, also commonly referred to as "exergaming", combines classic workout DVDs with games that typically make use of motion sensors to control the action. It is interesting enough to note that "exergaming" has actually become a standardized word in the English language.

This motion technology works to track your body movements and translate them into the game. For example, a sports game can use your movements to translate how well you kicked the ball. A yoga game might use them to show you how your posture could be improved.

Certain games use this technology so well that they have become a great non-



traditional means to lose weight, get toned, and stay fit and healthy. If you love playing games, then the idea is that this will help motivate you in a way that traditional exercise never could.

There are a variety of fitness games available for the varied interests of gamers. Different intensity levels from beginner to the advanced exerciser are readily available, making it easy to pick a game that will get you moving. No matter what your fitness level, there is a fitness game available for you.

Fitness gaming includes everything from cardiovascular workouts and strength training to flexibility training. No large, bulky equipment is needed, which many people purchase to only have it end up stored in the corner of a room collecting dust or maybe even being used as a clothes hanger!

### ***The History Of Fitness Gaming***

Fitness gaming first appeared on the market in the late 1980s, but with little success thanks to far less developed technology. There really was not even precedence for it, as the young were still somewhat active and video games were just beginning to increase in popularity as a form of entertainment.

In the 2000s, the video game industry grabbed the attention of youth and adults as games became more realistic. With the creation of improved visual components, which are more realistic and easy for both adults and children to use, creating fitness games became easier. In turn, adults and children became more active and found

new entertainment with the benefit of exercise.

### ***The Benefits Of Fitness Gaming***

Repeating the same exercise routine each day is enough to end most fitness plans. What fitness gaming tries to do is entice the gamer to participate in sports or exercises he or she loves with the convenience of not having to leave home. Its main goal is to bring back physical activity to youth and adults in a fun and entertaining manner.

Fitness gaming is trying to promote an active lifestyle with games that can increase intensity levels as you get stronger. When this is combined with a healthy nutritional plan, your metabolism can come alive and use the food you eat as energy, not for storing as fat.

Fitness gaming brings back physical activity to the young and adults as a fun means to stay active. It was also an excellent way for games console manufacturers to fight back after more and more accusations about gaming leading to higher levels of obesity in society.

It is the gaming industry's strategy to increase fitness gaming and decrease the sedentary lifestyle that so many have gotten accustomed to.

### ***The 3 Main Fitness Gaming Consoles***

Fitness gaming consoles are a new breed of consoles. In order to encourage activity, they make use of motion sensors that detect what you're doing in various ways. Here's a brief guide to the most popular games consoles:

### **1) Nintendo Wii**

Released on November 19, 2006, the Nintendo Wii gaming console gained huge popularity in 2008, after the release of Wii Fit for both single and multiple players. It uses a Wii Mote, which is a wireless unit that detects the gamer's movements. Games like golf, bowling, tennis, and baseball took the gaming industry to a next level to encourage those that enjoy video games to become physically active and entertained at the same time. These were the first games of their kind.

With the introduction of Nintendo Wii's Fitness Balance Board, more games could be played through virtual technology, such as skateboarding, martial arts, dance, hula, soccer, skiing, and yoga. In December of 2009, Nintendo Wii was voted the best fitness gaming console when it came out with the Nintendo Wii Fit Plus during the month of October.

Current 2012 statistics reveal that this fitness gaming console is still the best selling with the addition of more games that get you moving. People are still responding to the technology upgrades of Wii Fit and enjoy playing games or doing exercise routines to assist them in their fitness goals.

When it comes to the Wii Fit, personal fitness goals and tracking help to keep the user interested. There are 40 different exercise activities available, which give you a wide variety of fitness sessions to choose from. The console takes your BMI

(Basal Metabolic Index) and tracks it as you continue using the gaming console.

There are also different training modes for increasing cardiovascular training, strength training, balancing, and toning with different games that are compatible with the console. The sole intent of this console is to make exercise more fun than using standard exercise DVDs that have no interaction between the instructor and the user.

### **2) Xbox Kinect 360 Console**

The Xbox Kinect Fitness works with the 360 Xbox console, which was first released on November 4, 2010. It is fairly new to the market of fitness gaming, but is a huge player. Through its camera sensor, the Kinect can detect your movements without you even using a controller!

The Kinect is truly hands-free. You can navigate menus using voice controls, and control movements in the game by replicating the movements in real life. This creates a lot more freedom for the user when it comes to "exergaming", as long as you have enough space in front of your TV! It's almost like watching yourself in a mirror, but on the television screen, tracking your entire progress to assist you in reaching your desired goals.

The sensor will pick up all kinds of movements, such as jumping, spinning, squatting, and dunking. The moves are endless, depending on the fitness game that you are using. For example, the Zumba fitness game has over 30 different routines with hundreds of different motions to participate in.



You'll also find a fitness tracker for recording your workout goals, and a personal trainer to keep you motivated and on track with your goals. Feedback on your fitness performance is provided immediately. As your progress is tracked, the system will automatically detect what your current physical fitness level should be, in order to tailor your workouts

The Xbox motion sensor is also able to track how much calories you are burning with each fitness routine. There are a wide variety of games to choose from to meet your specific fitness goals and find a routine that you enjoy.

### **3) Sony PlayStation Move Fitness Console**

Sony released its PlayStation Move Fitness Console on September 17, 2010. This is an addition to the PlayStation 3 console.

The motion controller makes use of a webcam and a controller wand to detect your movements in fitness and other games. It is somewhat similar to the Nintendo Wii console, in reference to the motion sensor. The wand used with this console detects movements very accurately.

Some of Sony's fitness games for this console require two motion controllers. The only thing the controllers can't do is track motion performed by your legs, so basically your arms are the major controller of your fitness program (as with the Wii).

The controller can detect a number of movements, depending on the fitness

game being played. Some fitness games require two motion controllers for one person, for example with punch movements.

There is a nice feature allowing you to choose whether you want to listen to the preset music, or load up your own to work out to. A personal trainer is also available to encourage you through your fitness workouts.

The Sony PlayStation Move Fitness Console comes with a standard 28 fitness activities. Each activity offers you the choice of selecting the length of your exercise program or gaming session. This console also tracks your individual progress to your designated fitness goals; however, the workouts are not personalized to you.

### **4) Nintendo Wii Fit U**

The Nintendo Wii Fit U has not been released to the public, but is set to be released towards the end of 2012. It is expected to take fitness gaming to the next level, with a motion sensing remote complete with touch screen display.

### **The Top Fitness Games**

To help you decide which games console is right for you, here's a guide to some of the top fitness games currently available. Some of these games are available for all of the major consoles, whereas others are limited to just one.

#### ***Wii Fit Plus***

The Wii Fit Plus tries to combine a fitness routine with simply having fun. There are more original exercises than the original Wii Fit, which makes for a more varied

workout. This is further established through a completely personalized fitness routine uniquely created for you according to your fitness goals and fitness level.

There are options to work your entire body or just specific areas only, such as your legs or abdominals. In addition, the game also provides you with an estimate of the calories you have burned during your workout session, and you have an option to view the calories you burned in relation to different types of food. This is just for pure entertainment, as it really has no relevance to your fitness goals.

Before you work out, there is also an option for you to enter what you've eaten to see how much you need to exercise to burn off the excess calories. Some people are very motivated by seeing measurements like calories, so it's a good addition to the game.

Each time you exercise, the time you do it for, and the intensity at which you exercise, is transferred into "fit credits". You'll see a graph to show you how many fit credits you have earned, which serves as further motivation to keep exercising.

Basically this fitness game gives you lots of personalized options to keep you motivated to exercise, while at the same time offering you hours of fun. There are many different choices to find an exercise routine and tracking system that appeals specifically to you.

## ***Your Shape Fitness Evolved 2012 for Kinect***

The Kinect sensors can track more than 50,000 different points on your body to analyze your workout movements, and *Your Shape Fitness Evolved 2012* makes full use of this fact.

You also have the option to receive assistance from a personal trainer or not. Whatever you choose, you will always receive instant feedback on your fitness. For example, the game can detect when you're not doing a movement correctly, and let you know how to correct it to prevent injury.

Workouts can also be created specifically for you, based on your fitness level and goals. This fitness game is very personable, as every movement you make throughout the program is tracked. This game is very realistic and interactive, making it one of the top choices for all exergamers.

On your television screen, you'll notice a hologram resembling your body and movements so you can better regulate your workout. This not only makes you work out harder, but also makes exercising more realistic and fun.

Due to the variety of exercise programs with this fitness game, you need to ensure that you have adequate space to workout. You may need to move your furniture and area rugs, both for your safety and to make sure the Kinect camera can detect your movements correctly.



## ***EA Sports Active 2***

EA Sports Active 2 offers total body tracking to help you meet your fitness goals. This is available for all consoles, but if you use it with the Wii or PlayStation you can make use of the leg and arm straps for better motion tracking. There's also a heart rate monitor, which will show on your television screen, to ensure that you are working out at the best fat burning level. This is also great for high intensity training, which can all be done with a personal trainer.

The games on EA Sports Active are cardiovascular and toning, depending on what you choose. You'll get the option of following along with one of its pre-made workouts or one that you put together from a selection of exercise routines. You'll get immediate feedback as you're working out, which has the potential of keeping you focused on your workout and on your fitness goals, no matter what your fitness level. The only exercise not included in this game is a yoga routine.

A nutrition guide and a workout-tracking calendar are also included to give you a well-rounded opportunity to get healthy and meet your personal fitness goals. This game gives you the opportunity to get stronger and leaner.

## **Fitness Party Games**

Fitness party games are a great way for both the young and old to exercise while having lots of fun learning dance moves to the latest songs. There are two popular fitness party games that have the ability to get everyone moving:

## ***Dance Central***

Dance Central is a video music game for Xbox 360 with Kinect. Due to its popularity, Dance Central 2 was released in 2011 and Dance Central 3 in 2012. Dance Central can be played with others, usually two players, or as a workout where calories burned are tracked. It makes for a great party game!

The objective of Dance Central is for each player to mimic the dance moves played. Players accrue points based on the moves successfully completed. There are 650 different dance moves and 90 different dance routines available.

This dance game does have a feature to increase intensity of the dance moves once you have reached a certain level in the game, which is useful as your fitness and coordination improved. If you're a beginner, however, don't let this game scare you: it's designed for all levels. There is a beginner mode on the game where you can learn the dance moves at a slower pace.

As it is a dance game, you may automatically think that it's all based around the leg moves, but it's not. The moves incorporate the entire body, offering a complete workout while having fun to the latest music.

## ***Zumba Fitness***

The Zumba Fitness game is made for Nintendo's Wii. This game is designed around the latest fitness craze of combining dance moves to high-energy music to lose weight and get fit. Another

great party game! You can play on your own, or with up to four players total.

Zumba Fitness is challenging for all fitness levels and different skill levels. Even if you're completely new to Zumba, this game is for you. This is a fun game with 30 different routines and nine different styles of dance for the beginner to advanced Zumba exerciser. There's a training session included to get you going.

Zumba Fitness works with the Wii Remote, or a Wii Remote Belt that can track your moves without having to hold on to anything. This is definitely a plus for an activity like Zumba which will have you moving in all kinds of ways!

### **Fitness Gaming vs. Other Forms of Exercise**

The world is still very much divided on whether fitness gaming actually does any good. True fitness enthusiasts may see it as a waste of time. For couch potatoes, however, fitness gaming can seem very motivating!

The truth is, what you get out of it depends on the individual. It's not a magic solution, but if you make the conscious decision to get healthy it can have some positive effects. Here are some of the issues you'll want to consider before you get started:

### ***Safety Concerns***

There are safety concerns with any form of exercise. With fitness gaming, because you are exercising in the privacy of your own home, it can be safer if you take some precautions. For example, you should

always ensure that you have enough room to perform your exercise routine. Move all furniture and area rugs to ensure that you have a safe area to move around on a non-slip surface.

If you have not exercised before, starting with fitness gaming has the potential to cause injury from improper form. Not all games are designed to instruct and regulate you in proper form, and the games that do monitor your movement may not always catch your errors if the sensor is out of range. Nothing can replace the attention from a personal trainer or instructor at a gym or yoga studio. Improper form is one of the greatest exercise risks.

Both fitness gaming and traditional forms of exercise have the potential to cause injury. It's your responsibility to do your homework and choose an exercise method that is suitable to your fitness level and, most importantly, to your preference. If you enjoy a particular type of exercise, you're more likely to invest the time in ensuring your safety.

### ***Costs***

Fitness gaming does require investment in up-to-date games consoles, fitness games, and, in some cases, extra accessories. As technology changes, so will fitness games, and you'll probably want to purchase new games, new consoles, and new accessories. This is a costly investment, but can be worth it if this is something that you are dedicated to.

It's really a matter of choice about what to spend your money on. On the one hand,



fitness games are likely to work out cheaper than gym memberships or expensive home gym equipment. On the other hand, however, it is possible to exercise a lot cheaper with weights or through activities like running.

### ***Level of Workout Intensity***

Fitness gaming does make you sweat and increase your heart rate! There's no doubt about that, but the main concern is that you're exercising in your fat burning zone continuously at the appropriate intensity level.

Many of the fitness games offer you different intensity and training levels, based on what you've already achieved in the game. For some fitness fanatics, there'll never be an intensity level high enough. For those who are just getting started with exercise, however, you'll usually be able to push yourself.

Some professional exercise enthusiasts and doctors don't believe in the long-term results of fitness gaming. Much of the gaming exercises are great for cardio, but the strength training may not be at the level that you can achieve by working on with strength bands, free weights, and kettlebells.

Researchers have also studied the amount of calories that can be burned with fitness gaming versus other traditional methods of working out, and have found that more calories can be burned doing real-life activities.

Fitness gaming offers a nice alternative to those wanting to begin exercising, but with

other forms of exercise you have the option to get the intensity up higher than a video game can. It's important to recognize that fitness games are probably only going to take you so far in your fitness journey.

### ***Suitability for Youth***

Both fitness gaming and traditional exercises are great for youth. The focus is on preventing childhood obesity and getting our children moving, instead of sitting on the couch when they come home watching television or playing video games.

If they like video games, fitness gaming is a great option for young people. You can even encourage your child to exercise without he or she knowing it, by asking to play a game of video basketball with them. It's still a good idea to encourage them to exercise in traditional ways, however. Also take note of the fact that certain measurements, such as BMI, aren't suitable for children who are still growing.

### ***Motivation***

Motivation is a personal decision. There is no piece of exercise equipment, DVD, or fitness game that can motivate you to workout if it's not something you choose to do. What games can add, however, is entertainment. This helps increase the chances of having fun and forgetting that you're actually working out.

The addition of tracking tools and virtual personal trainers can be great motivators for many. This is especially true for those who prefer to work out in private or who

don't have the schedule to get to the gym frequently enough.

### ***Variety***

Although fitness gaming can be great fun, it can get boring. There may be times that you may want to take a jog or walk on the beach or at the park, where you can enjoy the scenery and be motivated by others who are also exercising outdoors.

If you combine traditional styles of exercise with fitness gaming, you'll be better able to keep yourself motivated, and keep your body guessing. Different forms of exercise work your body differently. This is essential in experiencing growth in your fitness levels.

### ***Distractions***

Although there can be some distractions when working out at a gym, everyone is there for the same purpose which can really help you to stay focused. Exercising at home can be a different story, despite the benefits of being able to do it on your own schedule.

Unless you can turn off the cell phone, home phone, and let your significant other and children know that this is your time to exercise, distractions can hurt your dedicated workout time. This is especially true if you have young children - they can't always understand that your exercise time means no interruptions.

When working out, regardless of where, it's important to dedicate enough time to the activity. Distractions only rob you of your time, decrease your heart rate, and interrupt an intense fat burning routine.

It's important to pick the style of exercise that works for you, and the time where you will receive the least distractions, so you can achieve the best results for your efforts.

### **How to Make the Most of Fitness Games**

Fitness games are a wonderful alternative for those who find it difficult to stay motivated with other forms of training, or who find it hard to fit traditional exercise into their schedule. With fitness gaming, you can exercise whenever is best for you, whether that's 6:00 in the morning, or 10:00 at night. Your personal trainer and personal goals are always waiting for you!

Your goals, and measuring the improvements you make to reach those goals, are crucial when it comes to losing weight and getting fit. The fact that these games can measure your progress is a huge bonus - just make sure to make your own goals and to take your own measurements too. The more evidence you can see of your progress, the more you'll be motivated to keep working out.

The most important thing to remember, regardless of which form of exercise you choose, is that you need to combine activity with a healthy diet. This doesn't mean depriving yourself of everything you love, but it does mean being more mindful of the way you fuel your body. You also need to be sure to work out regularly - at least three times a week for 30 minutes each time, but preferably longer. With all the fitness games now available, there's really no excuse not to get active and have fun while you're doing it!





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