

# "FIT"... BY JANEL

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## Editor's Letter

The holiday season is upon us again, how time flies. It seems like just yesterday we were worrying about the Y2K problem. Now it is time for those holiday parties and stressful times at the malls looking for that perfect gift. "When do I find the time to workout?" you are asking yourself. It isn't easy to stick to your regular exercise routine when you have all these extra commitments in your schedule. What we have to remember is, if we don't exercise and take care of ourselves, we won't be able to enjoy the holiday season. Not taking a few minutes each day to workout will leave us with less energy.

Remember to squeeze small increments of exercise into your daily schedule if you are not able to commit a full hour each day. Even if you walk up the stairs at work a few times each day, this can be part of your daily workout. Add in a quick walk during your lunch hour and you've got 15-20 minutes of your workout in. We don't have to set an hour aside to burn calories. You can do just as well with a few smaller increments each day. The key is getting your heart-rate up. As long as you accomplish this, you are set to success. So, don't let this holiday season take control of you, keep exercising so you can feel fit and enjoy the holidays to their fullest:-) Happy holidays.

Janel Neef  
Editor in Chief

## Monthly Fitness Tips

Here are a few smart little tips to make your exercise routines a little more fun and exciting. This month I am going to focus on weightlifting. Normally when lifting, we go up for two seconds and down for 4 seconds. Have you ever thought of slowing this down a little bit? With the principle of "slow-training," you can actually trigger more parts of your muscles by lifting the full range of motion. To do slow-training, you simply go up for 10 seconds, and down for 4 seconds. Don't panic here, when doing slow-training, you only have to do half the repetitions you normally would do. For instance, I usually do 10 reps, so this would now be only 5 with slow-training. Many more of your muscle fibers will be recruited by doing this and you will definitely feel it. I promise, you'll love it:-) Happy lifting.

## Monthly Nutrition Tips

Here are some monthly tips to keep you at your highest energy level. Number one: drink lots of water. We need to drink at least 8 glasses of water a day. These glasses should be 8 ounces or more. Drinking water keeps us awake, alert, and full of energy. Remember if you workout during the day, you need to drink several more glasses before, during, and after your workout.

Number two: eat lots of carbs. The food guide pyramid actually recommends a diet composed of 55 to 60 percent carbohydrates. Experiment with yourself to find your ideal percentage of carbs a day. A more sedentary person will probably need more like 40 percent carbs a day. However a more active person will need 60 percent carbs a day. We need to rely on carbohydrates to fuel our workouts.

And tip number three is to eat a variety of different foods each day. It is very easy to eat the same favorite foods each day. We need to remember that if we eat the same diet everyday, we are cheating ourselves from lots of essential vitamins and minerals. Remember to get your five servings of fruits and vegetables each day along with a variety of meats, breads, and milk every single day. This will keep us very healthy.

## Monthly Schedule

With the holiday season approaching, we will be traveling to Illinois for a couple days in December. The dates we will be gone are: Friday December 22, through Tuesday December 26th. Hopefully this will not inconvenience anyone. I will resume training on Wednesday December 27th. The week of December 27th, and the week of January 1st, I will be able to train during the day because of school not in session. Looking forward to working with you.

## New Web Site

I have developed a new web site that you can easily access through the internet. It is packed with information about my personal training sessions and lots of monthly tips on exercise. It is updated monthly for those of you who would like to go there each month. To get to it, simply type in, [www.fitbyjanel.com](http://www.fitbyjanel.com). This will take you right there. Happy surfing!