

## Editor's Letter



**Excuses, Excuses:** "I just don't have the time." Have you ever said this about exercise? I know I am guilty of saying this many times in my life. Especially once we had children, there never seems to be any extra time in a day. Time is the most common excuse for people not to exercise. Time is an issue for everyone, no matter what their lot in life. What we need to do is get past this time issue and realize that it's all about **Priorities**.

The bottom line is that we all have time for the things we make time for. There are things that we just do on auto-pilot: laundry, housework, making kids' lunches, showering, brushing teeth, etc... Many of these things are non-negotiable.

### **Our workouts should be non-negotiable!**

Ask yourself right now the following question, "Where does exercise fall on my priority list?" Is it towards the top or more towards the bottom? If it is towards the bottom, write out a list of pros and cons for exercise. Most likely you are going to have a list of reasons **to exercise** that far exceeds the reasons **not to exercise**. Are you convinced yet that the time it takes to work out is well worth it? It certainly is.

Make it your goal this month to **make time for and prioritize exercise**. By exercising regularly, you will lose weight, have more energy, and probably live longer. Shouldn't this be reason enough to make your workout "non-negotiable?"

ACE Certified News. April/May 2006. Page 6.

## Monthly Fitness Tips



Many of you wonder if you can quit the gym this summer and still stay in shape by exercising outside. The answer is YES! In fact, trading in your treadmill workout for trail running or in-line skating will likely give you a better workout. Why? Outdoor workouts can burn more calories

per minute and tone your muscles more completely than doing the same thing inside. Natural terrain also challenges and refines your balance in ways that a flat gym floor or machine never will. The trick is to go for a balance of cardio and strength training. Each week, try one activity that incorporates upper-body strength (like tennis,) one for lower-body strength (cycling,) and one that works all your muscles (hiking with walking poles.) Get outside and get fit!!!

Fitness. May 2006. Page 24.

## Monthly Nutrition Tips



Now that the warmer weather has finally reached us, you are probably finding yourself buying more fresh fruit again. As we all know, there are many fresh fruits that are just too expensive to buy in the winter based on their limited availability. So in the summertime we get to have all the fresh fruits.

When we can't always find our favorite fruit available, many of us buy frozen fruit. Others shy away from the frozen fruits thinking that they aren't as healthy. Truth is, they are just as healthy! Why? Well, with shipping and storage, fresh fruit can often sit around for as long as two weeks before it hits your grocery store. YIKES! During that time, it can lose a lot of nutrients, especially vitamin C. In contrast, frozen fruit is often picked and frozen at the peak of freshness. The only thing you need to watch out for is frozen fruits in syrup, that can pack on the extra calories.

Fitness. May 2006. Page 66.

## Mom's in Motion



Just found out that you are pregnant? For many people, wondering how to begin or continue an exercise program while pregnant is a very important issue. Let me start by saying the following: experts feel that decisions based on the type, intensity, duration, and frequency of exercise should be made according to a woman's current fitness level, the stage of her pregnancy, and her personal interests.

I am going to go over a couple general topics related to exercise and pregnancy: purpose of exercise while pregnant, frequency, and duration. The fundamental **Purpose** of exercise during pregnancy is to maintain or improve fitness. Therefore, the intensity, frequency, and duration at which exercise is prescribed for a pregnant woman should be adjusted downward.

As far as exercise **Frequency and Duration** are concerned, it is suggested that a healthy pregnant woman exercise at least three times per week for 20-30 minutes per session. During the latter stages of pregnancy, most women tend to exercise for shorter durations and at lower intensities.

The vast majority of pregnant women will benefit from an individualized exercise prescription.

## Monthly Schedule



Need some help designing your summer exercise plan? How about some help losing those last 10 pounds in order to fit into last year's swimsuit. As always, I am accepting new clients here in the Cedar Rapids/Marion area. If you or someone you know is interested, please call me at (319) 447-1946. We will set up a consultation appointment and be on our way to working out. I am available on both weekdays and weekends. I look forward to hearing from you really soon!

## Web Site

A new season, new goals, new information to keep you on top of things. Check out my website today! Remember, it is constantly updated and has lots of fitness/nutrition information on it. The address to my web site is [www.fitbyjanel.com](http://www.fitbyjanel.com). Be sure to tell your friends and family about this address too if they are interested in their health. Also, if you ever have any fitness-related questions, feel free to call me at (319) 447-1946. Happy surfing!

