



## **NEW YOU IN 2010!**

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**LET GO** of last year's resolutions. Did you make plans last year to loose weight and reduce stress? As each year approaches you have every intention of sticking with a plan; however you loose sight of the plan as life takes hold and then you forget where you've put your list of resolutions. Forget the plan.

**DIETS TO GO** - Get rid of the word "diet" from your vocabulary. It's a vulgar word and your mom always told you never to use bad words. Make small changes in your eating habits. Listen to your cravings and take small portions when eating. Notice how you feel after each bite. When you eat slowly you'll feel full faster. If you crave a dessert take a small slice or share the torte with a friend.

**WORK SMARTER NOT HARDER** - If you don't currently have a workout plan be patient as you pick the right routine invite a friend to join you. Choose a cardio workout you'd like to try, add it to your routine and work up to doing that activity for at least 30 minutes three times a week. Add some resistance training with light weights or exercises bands two times a week. For example, take a 20 minute walk and use exercise bands on Monday, go for a 30 minute walk on Wednesday, take a 25 minute walk and lift light weights on Friday.

**CROSS TRAIN** - if you don't change your exercise and eating routine your body will plateau: your fitness level will stop increasing and remain at a constant level. Try switching your current workout with a new routine. If you're new to exercise and you don't want a high impact routine try yoga. If you run try biking, if you take a step class join a zumba class for a month or two and see the improvements when sticking to your new routine.

**WORKOUT SMARTER** - Your workout may take you outside during the winter months not only do you want to be warm but you want to be safe in the cold and dark winter months. Dress in layers, wear light colored clothes and reflective gear; put a flash light and your ID in one pocket and a cell phone in the other.

The more effort you put into creating a healthier lifestyle the longer you'll sustain a happier you in 2010!

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*Kristen Heim is a long-time resident of Fairfax County. She teaches beginner and advanced yoga classes to the general adult population in Alexandria. Consultations and the first class are free. Visit [www.fierysunfitness.com](http://www.fierysunfitness.com) or call (703) 863-3607 for more information.*