

### Fitting exercise into your life

You'd exercise more if only you could find the time, right?

By working with a professional coach you can learn how to make the time, overcome obstacles and get the most from your workout.

Don't number crunch. Forget inches and pounds. Stick to thinking about the positive effects activity is having on your mind and body and general wellbeing.

Commit. Tell your mum, your partner or your colleague when and where you're going to exercise. You'll definitely be quizzed about it and it's harder to admit to five people you didn't go than to just one - yourself.

Keep activity front of mind. Tick the boxes on health or fitness related websites, flyers or forms that ask

if you want promotional emails, newsletters and texts. Yes, it might get slightly irritating, but it will keep fitness at the top of your to-do list.

Congratulate yourself. Being active is a huge accomplishment and even when activity begins to fit comfortably into your life, keep reminding yourself of what you've achieved and how far you have come.



### Build Muscle and Burn Calories With This Do-Anywhere Cardio and Strength Workout

There are no excuses for skipping this 20-minute workout; it requires no equipment, so no matter where you are, you can fit in a session.

Quick and effective, this workout mixes classic cardio moves with bodyweight strength-training exercises to burn calories and build muscle. Learn the moves and then get at it.

Repeat the workout twice. Cool down with five minutes of stretching.

Follow the link to see more <http://www.fitsugar.com/20-Minute-Cardio-Workout-Running-Required-34659639>

**Kale** is having its moment in the spotlight, and for good reason. While all leafy greens are healthy, kale is the real nutrient kicker. MindBodyGreen says this leafy green is chock full of iron, fibre, antioxidants, and vitamins A, C, and K. Add some to your morning smoothie, toss it with veggies for the perfect lunch, or drizzle olive oil and salt and bake it to make kale chips. Trust us, you'll never go back to boring bagged potato chips again — and this version is actually good for you.

**Yogurt** - It seems as though there is a new brand of Greek yogurt on the grocery store shelf every day, which is testament to both its taste and its health benefits. If you are looking for the healthiest option, definitely go Greek, but pick the plain flavour. As Toby Amidor said in the Food Network Blog, you want to be wary of the added sugars. With the plain flavour, you will get all of the benefits, protein, and good-for-you bacteria without the high sugar content of pre-sweetened varieties. Instead, sweeten it yourself with fresh berries, cinnamon, and honey for all of the flavour without the sugar.



Follow the link to see more

<http://wallstcheatsheet.com/life/10-superfoods-you-should-already-be-eating.html/?a=viewall#ixzz3Cj1RkuSN>

### Health & Fitness Coaching

- Would you like to change your diet but don't know how?
- Are you losing pounds on your gym membership and not on your waistline?
- Does getting on the scales fill you with dread?

**Working with a Professional Coach** can unlock your potential to motivate you to achieve those ever elusive Health & Fitness Goals, why struggle on your own when coaching is the ideal way to get you from where you are now to where you want to be. Contact me for an initial FREE 30 minute consultation.

*All conversations confidential*

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