

## Balance Can Be A Bumpy Road

Falling Off and Creating Balance Sometimes we slip up. We overeat or pick less healthy foods because they sound good, we're stressed, or we just feel like it. It happens to everyone, but don't let it get you down. As a personal trainer, I see many clients struggle with this. If you fall off, jump back on and learn from it. Know that it will happen, but stressing about it will only hurt you in the long run. Instead, recognize the fact that you have been taking the steps to create a healthier lifestyle and give yourself credit for this. Keep a food journal to help keep you on track and pay attention to emotions and stress levels...they are major contributors to gaining weight. In my Grocery Tours I teach clients that there are choices out there and that eating healthy does not mean they are limited. It's simply a matter of thinking outside of the box and being open to new experiences. When you have the basics and are able to decipher food labels, you can arm yourself with foods that will help with late night cravings or when you are having a bad day. If you fill your cupboards with these foods, falling off the wagon will be a thing of the past! Exercise is necessary if you want to lose weight and maintaining a healthy lifestyle. Not only will it help you lose inches, it helps relieve stress, lower your blood pressure, strengthen your heart, help control type 2 Diabetes...the benefits are endless. The key is to find something you like to do. Sign-up for a class, get outside and go for a walk, grab a friend or partner and exercise together, hire a trainer to help you create a routine. Aim for 30 minutes of cardio at least 5 times a week. To create a balanced program and reap the benefits, add resistance training 2-4 times per week. Building muscle will help you burn more calories as it takes more energy to repair and 'feed' muscles than fat. Basically what it boils down to is you have to move it, to lose it! If you are on your way to taking the steps necessary to create a healthier lifestyle try to think of your life as a triangle...in order to reach the middle goal you have to connect to each corner and make it a part of your life. Once you are able to create that balance and reach any goals you may have, the hard part will be over. The next step is maintenance which is made easier once you have the knowledge and have set the foundation. Remember that it takes 30 days to create a habit so give yourself time and forgive the mistakes. Once you do, you will have the benefit of feeling better than you ever have. It may not be easy and you may struggle, but the end result will be a healthier, happier you.

## About the Author

Glutamine is the most abundant amino acid found in the human body and is arguably the most important in the process of building muscle and gaining.

Source: <http://www.productsherbal.com>