

Break up day with walks to help stay in shape at work

Dear Fitness Answer Man:

I'm a 28-year-old female who's been in competitive athletics my entire life. After graduating from college and beginning my career, exercise and most athletic activities have been forced to take a back-seat to my Monday-to-Friday, office job. I'm sitting behind a desk for up to 12 hours at a time, and sometimes being forced to skip meals. I've found it difficult to keep my metabolism at the level it should be to keep my body healthy and toned. I understand the importance of a healthy diet, but it seems this alone is just not enough.

Are there exercises I can do throughout my day, or even at my desk, to keep me active and at a healthy weight?

Inquisitively Yours...

Dance Girl Dance

Dear Dance,

Believe it or not, your story is a very common one - active athlete to student to cube dweller. Next thing you know, you're married with 2.5 kids and wondering how 30 pounds found its way to your formerly fit body. It can seem like there is not enough time in the day to care for yourself. Fortunately, with a little planning, you can get out of this rut and be on your way to the very best you.

The general recommendation for health benefits of exercise is 30 minutes of exercise on most days. Studies show us that this 30 minute bout of exercise is just as effective broken up into three 10 minute bouts as doing it all at once. Bring some sneakers, and take three 10 minute walks on your breaks. If you have stairs, walk them for 10 minutes. You can add some strength training into your day by getting up a bit earlier, and do a simple circuit to include squats, pushups and crunches.

As far as nutrition goes, avoid fried and carb-heavy foods, and pack a bag full of fruits, vegetables and protein sources such as nuts, low-fat cheeses and packable meat. And always eat breakfast. People who eat breakfast tend to lose fat faster and have more energy. Your elementary gym teacher was right when he said breakfast is the most important meal of the day.

Be consistent, and get in what you can fit in. Good luck!

Chad Smith is a local fitness expert and certified personal trainer. E-mail letters to Chad at lifestyle@herald-mail.com

Learning the end of the United States was awarded Yiteshi headquarters Yiteshi international certification professional fitness personal trainer certificate, and at the same time declare national levels fitness instructors certificate. National levels of fitness instructor certificate verification costs to be charged.

The primary stage: fitness training and professional practice of theoretical knowledge to study and master the basis of fitness training, learning anatomy professional sports, sports nutrition, sports injury prevention courses, have issued fitness prescription diet and nutrition planning capacity. Advanced stage: The course for instructors to provide private coach service norms and the process of service delivery training and the curriculum implementation clarity private methods, techniques. Completion of the course, participants will be senior personal trainer certificate, and to provide members with postural assessment, the High-resistance training. In addition, special training courses have been involved when people need to understand the attention of matters so that students take full advantage of the training available in the comprehensive medical knowledge. College students in the field of free accommodation, local students travel more than one hour above may also apply. Examination passed, 100 percent for training, employment.

About the Author

From www.herald-mail.com:

Rob Moesta, Certified Personal Trainer, covering Ann Arbor, Ypsilanti, Canton, and Saline.

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Mary Jane Detroyer is a certified personal trainer, nutritionist, registered dietician and fitness consultant in New York City. She works with clients.

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