

Get Back on Track with a Personal Fitness Trainer!

One of the most honest assessments for most of us is that we're procrastinators. We'll delay and wait for as long as possible especially if what needs done are lifestyle changes. Take for example the need for more exercise. We're a nation of people that sign up at the local health clubs, buy all the expensive equipment then proceed to go round and round the parking lot looking for a close spot so we don't have to walk so far. Come on, you know that's true! Who hasn't seen people at all stores traveling the equivalent of several miles looking for that just right close parking spot. One thing that seems to work however is to obtain the services of a personal fitness trainer. Fitness trainers typically will be found in almost every gym but can be located by simply calling a cardiologist. Many highly qualified and skilled lifestyle people are associated with cardiologist. Cardiology by the way is the heart doctor, which is what we'll all be needing if the snack foods aren't replaced with healthier foods. LOLA fitness trainer will create a health and exercise plan that will then be monitored for progress. By having someone holding us accountable, the potential for success is greatly increased. While we're on the subject of success, we should also practice what we preach and enforce the same type of healthy choice lifestyle on the rest of the family. After all, didn't someone once say that misery loves company. :o) Seriously, here are a few ideas that can help get all of us and our families back into some shape other than "round"!

1. Explain the difference between healthy and not so healthy food choices but DO NOT NAG. The idea is to make better choices most of the time not be perfect!
2. Prepare healthy meals. Quit the burger and taco runs and calling that dinner. One of the biggest problems with our diets isn't that we eat too much but that it's the wrong kind of foods. And those wrong kind of foods are in most cases sold by corporate conglomerates looking for profits not a healthy customer.
3. Never use food as a reward. If food is a big part of some outing, (popcorn at the theater) start to change that behavior by having other, more healthy snacks available. Our family would buy candy and oil laden popcorn at the movies and still do but in much smaller quantities. We lower the amount of the bad foods by bringing in bags of those small baby carrots to munch on. It's now preferred by many of the kids and are considered a movie snack!
4. When you can walk to do something, do it. Don't just get into the car to go a couple of blocks. A personal fitness trainer can go a long way to helping with ideas like these. Interview trainers and look for one that's not interested in changing your world overnight. The best personal trainer is one who sees the progress and works to see those little successes turn into major lifestyle changes.

About the Author

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