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FITNESS – 40 IS THE NEW 30!

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If you're over 40 and need tips and motivational advice to stay fit and get into shape then you have come to the right place. Read these weight loss tip by the nationally recognized weight loss expert, personal trainer, health coach, health writer and founder of [Tara's Bootcamp](#) – [Tara Zimliki](#). Tara has completed 19 marathons, hundreds of 5ks and has trained with top athletes. Tara ran the NYC Marathon while 8 months pregnant with her 2nd daughter, Ella. In 2008, Tara placed in the top 500 women for the NYC Marathon. Tara's practices what she preaches in all aspects of fitness and health and for this reason she is a trusted trainer that produces results! Just because your over 40 doesn't mean you can't have the will power, motivation and strength you had when you were 25...

1. EXERCISE TO BOOST YOUR METABOLISM

As we age we begin to lose muscle mass. This is one of the main reasons for our slowing metabolism. The more muscle mass we have the higher our basal metabolic rate. Adopting a regular exercise routine will not only help strengthen your body but will speed up your metabolism and burn more calories.

2. STOP BLAMING THE HORMONES

Yes hormones are altered after 40's and it can attribute to weight gain. But rather than focusing on this, make fitness milestones your new goal. Sign up for a run or triathlon. Increase your fitness so you can defy altered hormones and beat the bulge. Make exercise mandatory, even if it just means brisk-walking around the fields at that soccer practice rather than sitting. This accountability is one of the most important of my weight loss tips for women over 40.

3. LOSE THE EXCUSES

We can all list hundreds of reasons we could not get a workout in for the day but by doing so we are creating a barrier to our own fitness and health success. Do not become your own worst enemy, but make time for your fitness. Studies show that people who exercise lead busy and successful lives because they prioritize and manage their time! So lose the excuses and make time to take care of your health.

4. LET'S GET CLEAN

After 40's you should be looking at your food and drink labels even more closely. Pay attention to what you are putting into your body. Eliminate or limit the caffeine and refined sugar. Stay away from the chemicals by eating organic food. You can better your health and lose weight by eating clean.

5. HYDRATE FOR BETTER HEALTH

Make sure to drink 8-10 glasses of water daily to decrease bloating and avoid confusing thirst with hunger. Often dehydration can lead to overeating. Drinking water is one of the best aids in weight loss industry because it removes toxins from the body. So remember H₂O is the way to go

6. INCLUDE 2 BRAZIL NUTS A DAY

Add 2 Brazil nuts a day into your healthy meal plan. Recent research at Dartmouth Medical School demonstrated that selenium plays an important role in controlling the effects of a thyroid hormone that helps us manage our fat metabolism. For women over 40, the thyroid hormone can change, so it is integral to have Brazil nuts each day. This nut has hidden elements to boost your health program.

7. DON'T FORGET YOUR DAILY MAGIC PILL

A dose of exercise and healthy eating is the "magic pill" for weight loss over 40 or at any age. Make sure to eat a balanced diet of mini meals that include vegetables, whole grains and fruit. And make sure to include exercise that will challenge your body and mind. Have fun because after all, being healthy and fit is fun!

After reading these tips for weight loss after 40, there is no reason you cannot achieve your goals. Just make sure to stay motivated with your eye on the prize; being healthy, fit and achieving all your weight loss goals. Didn't you know, 40 is the new 30 so relive your youth!