

## Add Years to Your Life

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Aging is a natural process that's out of our control. People often accept weight gain as part of the aging process. However, weight gain cannot just be attributed to age alone—it's also due to a decrease in physical activity and maintaining the same calorie intake as when you were younger (as you age your metabolic rate slows down). This is the time in your life when you should focus on exploring new workouts and a well balanced, low-glycemic nutrition plan. Research shows there is a decrease in muscle mass as people age. This puts women at risk for osteoporosis. You can combat this process through exercise. Through exercise you can add years to your life and vitality to your years.

Try these strategies to lose weight, get fit, and extend your life:

- Eat 6 meals a day to keep extra weight at bay. Mini meals throughout the day tame your hunger and help with weight loss.

**Bonus Tip:** Each mini meal should have both protein and fiber rich complex carbohydrates. Protein and fiber keep you feel satisfied and not hungry.

- Jumpstart your fitness routine. Whether you are a beginner or advanced in your fitness level jumpstart your workouts by changing your normal routine. Get outdoors and use your environment to challenge you. Park benches are good for more than just sitting—

challenge yourself by doing tricep dips on the bench. By switching up your workout routine and utilizing the outdoors you will eliminate boredom and find it easier to attain your fitness goals.

**Bonus Tip:** Use the monkey bars to sculpt and strengthen your upper body and build up to several chin-ups!

- Eat your greens. Boost your immune system, increase your fiber intake and curb your appetite by having 4-6 servings of vegetables daily.

**Bonus Tip:** Start your day in the right way with a green shake. Want plenty of protein and fiber at the start of your day? Then why not try my favorite shake: It's Dr. Oz's green shake, which combines 1 banana, 1 cup frozen raspberries, 1 cup orange juice, 1 container non-fat strawberry yogurt, 8 baby carrots, a handful fresh spinach, 2 tsp flaxseed oil, 2 scoops vanilla protein powder ( any brand), and ¼ cup dry oatmeal. Combine all ingredients in blender with ice. Blend until smooth and serve.

- Start your day with a sweat. If you start your day with a healthy breakfast and a challenging workout you will be more productive throughout the day and more likely to stick to your fitness routine. Can't find time to workout in the morning? Don't stress—you can still gain the same calorie burning workout in the evening, but studies show in order to gain the most benefit you should do your workout the same time everyday.

**Bonus Tip:** Sign up for a fitness class or hire a personal trainer and workout the same time several days a week for optimum results.

- Be positive. Do you look at the glass as half empty or half full? Research shows that positive thinking along with healthy changes will help you to succeed in your weight loss and health goals. A positive attitude does more than help with weight loss. Research shows that negative thoughts can depress your immune system and increase stress. This stress can affect your weight loss negatively. So turn that frown upside down and find the positive in each day!

**Bonus Tip:** Be an example to all with your positive attitude. I recently ran a 15k with extreme winds and rather than looking at the wind as something negative I found the positive. This wind was a challenge to overcome. For this reason I ran well and finished the race with a smile. Life is what you make of it! So make the most of each day.

So remember, age is just a number. How you feel is more important. I have clients that are 50 years only and feel (and look) like they are thirty and I have had clients that are in their twenties visit me for help because they feel much older. It is your life, so take control of your health. By taking care of your health, eating a healthy and balanced diet, an exercising you can add years to your life and life to your years! Give yourself the life you deserve!