

Be Your Own Superhero

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By Tara Zimliki

As I look at my life as a mother of two beautiful young girls I can't help but smile. I look at my career as a trainer, running coach, and weight loss specialist and I am reminded of how fortunate I am. I look at my health and my ability to run races quickly and I feel so accomplished. But there is not one day in my life that is easy. I work for everything that I have and each day is a challenge. And I have learned through my experiences that nothing worth having is easy (fitness included). I have become a hero to many of my clients, family, and friends and I want you to know there is a hero in you too! Here are some surefire ways to get you going in your workouts and eating healthy so you can tap into your superpowers!

- 1) Create your very own "superhero workout." Include effective exercises such as the squat, lunge, pushups, and plank. Complete 1-3 sets of 18 of these effective and energy-boosting exercises. Then complete your workout with 30-45 minutes of cardio (running, biking, swimming, or walking).

- 2) Create your “superhero food plan”. You cannot see effective fitness and weight loss results without eating a balanced and nutrient-dense diet. And by adopting a healthy food plan you will boost your energy. Based on your weight and activity level, create a calorie goal food plan that works best for you. Make sure to include fruit, vegetables, and whole grains. You may want to visit a personal trainer, nutritionist, or dietician to find a plan that works for you.
- 3) Schedule your “superhero fitness time” wisely. Without a plan you are setting yourself up for failure, so plan in advance in order to meet and exceed all your fitness and weight loss goals. I find that scheduling this time daily leaves no room for excuses.
- 4) Think like a superhero. If you find that self-doubt has gotten in your way, pave the path for a new day. Start your day with a positive mindset. Remove every “I can’t” and replace them with “I can.” If you believe in yourself you can achieve anything in your workouts, fitness goals, and all other aspects of your life.
- 5) Have fun like a superhero. It will take hard work, time, and dedication to meet your goals and that is okay. Be realistic and realize that your time and effort will pay off! Just remember to have fun in the process. Being fit is fun and exciting! Rejoice in your new-found self and inspire others with your motivation.

Start today with your goals in mind and realize that the potential is all within you. Use your superpower tips to unleash the superhero within you! Know that you can achieve all of your fitness and life goals with hard work and a positive mindset!