

Train Your Brain

at Brain Fitness Training Center



This technology has been featured in Oprah and People magazines.

Become one of our nearly 30,000 success stories! Learn to harness your own brainpower to triumph over:

*addictions • depression
weight management • pain
stress • anger • sleeplessness
challenges with learning
and performance.*

Discover the healing powers of your own brain with Brain State Technologies®, the leading system for Brainwave Optimization with RTB™ (Real-Time Balancing).

What is it? Brainwave Optimization with RTB™ is a non-invasive, painless, almost effortless, and natural way to restore brain balance.

Who does this help? Brain training is for anyone at any age who is seeking a sense of well-being and performance excellence.

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Making Exercise a Priority

by Julie Peterson

The number one excuse for people not exercising is lack of time. Ah, but you know what they say... "Someone busier than you is working out right now." The only difference between the busy people who exercise and the busy people who don't exercise is their priorities.

We always fit our priorities into our schedule. Take a serious look at your weekly activities. There is time for exercise – somewhere. Make exercise one of your top priorities and then it HAS to fit. Be creative, be flexible, be willing to find a way. Your health should be at the top of your priority list because if you become ill, you will find that all your priorities fall by the wayside and all you care about is getting well. So be proactive and boost your health now.

Tara Zimliki, certified personal trainer, fitness expert, and founder of Tara's Boot Camp in Flemington and Branchburg recommends writing your workout time in your schedule (in pen). It is non-negotiable time. You wouldn't give up your daily hygiene routine or consider your commute to work negotiable—your workout time must be within that same mindset.

"Write in 40-60 minutes on 3-5 days a week for fitness," says Tara. "If sparing one hour seems impossible, then break it into two 20-minute workouts."

How can you maximize your health and weight loss benefits during those time slots? Make sure you are more focused on the quality of your exercise than the quantity. Tara points out, "Most exercise programs can be enhanced for higher calorie burning and more intense fitness. The level of intensity is far more important than the amount of time you are exercising."

Another way to maximize exercise advantages is by making some tiny changes throughout your day. We all know we should be drinking 8-12 glasses of water each day... but wait! Did you know that drinking cold water burns more calories? (Your body expends energy warming it up.) In addition, we all know we are supposed to eat our veggies... but wait! By eating most of them raw you will get full faster and eat fewer calories throughout the day!

Your attitude plays a part in your fitness as well. "Keep it positive," Tara says. "Research shows that by maintaining a positive attitude you are more likely to reach and surpass all goals—including weight loss."

One way to stay positive is to post positive notes or affirmations where you will see them often. Messages like: "I treat my body with love by nourishing it with fruits, vegetables, and fitness." or "I deserve to be fit!" or "My fitness time is getting me closer to my goals." Post these on the refrigerator, bathroom mirror, dashboard, computer, in your wallet ... When you see them, read them out loud and smile!

There is all sorts of research-based evidence to show why we should exercise. It reduces risk of developing diabetes, heart disease, and all sorts of ugly things. But if research about health risks doesn't motivate you, perhaps this tidbit will. Tara says, "People who exercise achieve more in all aspects of their lives." So saying you don't have time to exercise doesn't really make sense, considering that exercise gives you more energy and stamina to do more things and do them more effectively.

Tara Zimliki is a CPT through The American Council on Exercise and founder of Tara's Boot Camp. Tara practices what she preaches in all aspects of fitness and health and for this reason she is a trusted trainer that produces results. For more information: www.tarasbootcamp.com. See ad on page 9.