

It's New Year's Resolution Time... Make it a *Lifestyle* Resolution This Year!

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Every year the cycle is the same, hoards of people join the gym, start working out, and **then "drop off."** This is surely not news to anyone. However, with health care issues more pressing than ever and chronic disease STILL on the rise, perhaps current times present sufficient motivation to finally stick to it this year!

Here are some strategies to **"Make it Stick!"**

- Find Accountability - Find someone or some way to hold yourself accountable at regular check point intervals and make a written contract with signatures from all relevant parties.

- Make a Game or Set Rules - Every time I notice myself rationalizing anything contrary to my goals, I discipline myself to set a new rule that prevents that derailment. *For example, every time I reach for bread or some food that I'm limiting, I make a "game" that I must do a set of lunges across the room.*

- Track Progress - This includes NOT ONLY some objective measure of participation (i.e. weight, body fat %, days or time/week,) but ALSO accountability on specific problem areas that often take you off course.

- Setting Goals & Rewards -

What motivates you one time may provide *no* motivation at another time. Thus really **contemplate what "IT" is** at this particular time in your life that would REALLY make you follow your ideal nutrition plan and exercise as often as you SET for yourself.



Julie Rengert, Ph.D. (Cand.)

Tips:

- 1) Make a Contract & sign it.
- 2) Set *strict & definite* Rules for yourself.
- 3) Track your progress, especially for your Rules.
- 4) Choose Goals & Rewards that *truly* motivate you.

Quote of the Month

"Failure is only postponed success."

-Herbert Kaufman

If you encounter days that truly challenge your resolve and abilities, which derail you from your intentions for the day, or even week or month, DO NOT accept defeat. Examine your plan, make changes if necessary, then jump right back *on that horse* and ride! It is only a matter of time and persistence for you to reach EVERY goal that you set for yourself!

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Top 5 Underestimated "Diet" Foods

As a fitness competitor and professional, one of the MOST common questions I hear is "what do you eat?" I am sharing with you my top 5 items that are quick and easy that you may not have thought of keeping available or even as a staple.

1. Walnuts -

These nuts are ranked as one of the BEST for getting essential Omega fatty acids. The absolute key with these is to MEASURE YOUR SERVINGS. While they are healthy fat, you can go



overboard. I like to measure 1/4 cup portions and pack them in the small snack bags to have in the case of

"One of the most common complaints I hear is, "I miss crunch." This satisfies that ..."

a "hunger emergency."

2. No Sugar Added Applesauce



These come in many different delicious flavors and in repackaged containers that are great for "on the go."

With about 70 calories and 3 grams of precious fiber (even more if you find the fiber added brand) you just can't go wrong with having this handy.

3. High Fiber Crackers -

There are several options for crackers that provide crunch which MUCH fewer calories and often up to half of the daily recommended allowance of fiber. One of the most common complaints I hear is, "I miss crunch." This satisfies that texture need and provides a great companion to items such as fat-free cottage cheese.



4. Light Cappuccino - For those of you who LOVE your coffee, there is great news when it comes to cappuccinos. The key is you have to order it with skim milk and sweeten it with a no calorie sweetener. Even if you like a flavor syrup in it, there are often MANY options of syrup that are sugar free.



This is one of the few ways I get in my dairy (calcium), so I think this is a great addition to a low calorie diet. ALSO, if you are also watching your caffeine intake, you can have it made with decaffeinate espresso, too.

5. Lite String Cheese - The key to this snack is to PACE YOURSELF. One or two is great, too many more and you might be defeating

yourself. Each stick has about 70 calories, so you just have to decide and make yourself a rule for your "daily allowance."



Carolina Pulled Chicken

6 - 8 servings recipe

Part 1 - LITE Coleslaw

- 1 Head of Cabbage
- 2 Tblsp Lite Mayo
- 2 Tblsp Lite Vinaigrette (of choice - Annie's Naturals Lite Raspberry is my fave!)
- 1 Carrot

Part 2 - Pulled Chicken

- 1 Whole Chicken
- Shred cabbage & carrots either by hand or food processor. Add mayo & vinaigrette & stir. Cook chicken as specified on package (I cook it plain in waterless cookware covered for 1 - 1½ hours after browning each side). Pull 4—6 oz. of chicken and place ¼ - ½ cup of coleslaw on top of the cooked chicken & ENJOY!



Exercise of the Month: Great Glutes

One of the greatest assets (no pun intended) for either gender to desire and admire is a perfectly shaped derrière. Beyond being genetically blessed in this department, I offer you the TOP 3 exercises to shape and lift your gluteus maximus.

Exercise #1: Lunges - **I didn't say** you would LOVE them, but these are the absolute MOST effective glute exercises! These can either be done with weights or with your own body weight. If you are trying to build your lower body, I would use weights. If you are simply trying to "tone down," I would use just your own body-weight. Key points to remember are

1. Take a BIG steps, these can be in place or walking
2. Keep your torso UPRIGHT
3. Look down to check and MAKE SURE the your knee does not move forward past your heel as you descend.



MPH) and in 8 - 12 minutes intervals take the incline from about 8% up to 12 - 15% incline.

1. Walk for at least 30 minutes.
2. Take big steps and squeeze your glutes as you walk.
3. Use the varied (incline 8% - 15%) intervals to increase and decrease your heart rate through changing the intensity to get the most fat and calorie burning possible.



Interval training is a great way to do cardio because it provides variety AND gets the best of fat burning and maximum calorie burning.

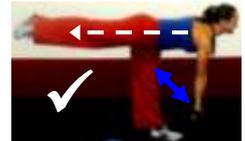
"These are the absolute MOST effective glute exercises!"

STAY TUNED for next month's newsletter for more specifics on interval training.

Exercise #3: 1-Leg Stiff-Legged Dead Lifts - This exercise should be done SLOWLY, gradually bending down and coming up. On the way down, you want to be sure that you do not overstretch, so be gentle the first couple of reps. On the way up you want to REALLY concentrate on using your hamstring

to come ALL the way up and squeeze the glutes at the top. Caution, you WILL be sore after this exercise!

1. Hold the dumbbell in the hand opposite to the leg that is going to remain on the floor.
2. The other leg should come up in the back, staying in a straight line with your torso as you bend forward.
3. If needed, hold onto some structure to keep your balance as you bend forward.
4. Squeeze your hamstring as you come up and your Glutes **squeeze** at the top.



These are ALL great exercises for building GREAT GLUTES!

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www.LivinUp2.com for
archives and PDFs of our newsletter!

"Caution!
You WILL be sore after this exercise!"

Mental Wellness = Make It Happen

When reading a recent article from the *New York Times*, "Does your brain have a mind of its own? Why can't we stick to our goals?" by Gary Marcus, I was reminded of a particular motivational technique from my book, *33 Ways for 33 Days*. I entitled the technique "Make a Game," which means that in order to police yourself on specific barriers that commonly arise and trigger actions that go *against* achieving your goal, make a simple IF-THEN rule that will keep you on track.

Similar to the article I wrote last issue, this refers to the idea that our brains still run off of the instinctive animal brain when making immediate decisions (i.e. reacting). Our more evolved cortex again engages *only* with *deliberate* contemplation to *not jump to conclusions*, but to engage careful consideration of choices before taking action.

"... police yourself on specific barriers that commonly arise and trigger actions that go against achieving your goal..."

For example, to call to mind the goals we set (i.e. lose 15 pounds in 4 months) and then decide the BEST next step to get to that goal takes thoughtful consideration. We have to stop from grabbing bad food and take time to consider the pros and cons of having a great big yummy slice of birthday cake. In order to practice self-control and refrain from the cake, we have to STOP and THINK... the immediate gratification of this yummy cake IS NOT worth the guilt, self torment, and step AWAY from the Ultimate GOAL.

"... Make a simple IF - THEN rule WHEN you set your goals."

The strategy suggested here is to exercise forethought *WHEN* SETTING GOALS and make *specific* IF - THEN rules that govern choices toward reaching those goals.



The "Make a game" idea referred to earlier does just that, for example:



Game (or rule):
IF I think to myself during a time of "dieting," "I'm hungry; I

would LOVE a nice big piece of cake."

THEN I have to do 15 lunges down and back across the room.



This not only gets the mind off of hunger, or boredom, but also provides progress toward the goal of "losing that 15 pounds."

- EXERCISE**
1. WRITE OUT YOUR GOAL
 2. Identify potential barriers (i.e. actions you make excuses for NOT doing what you KNOW you need to do)
 3. WRITE DOWN specific IF-THEN rules for those most frequent barriers that precipitate actions that GO AGAINST what you need to do to reach your goals.

- EXAMPLE**
1. Goal - I have stopped smoking completely by February 15, 2010.
 2. Barriers - When drinking, the desire to smoke increases.
 3. RULE - IF I try to bum a cigarette off of someone, THEN I have to pay my friend \$20.

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