

The Examiner

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SMALL NEWS IS BIG NEWS

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December Fitness Tip from **THE GYM**

Thinking about Making a New Year's resolution?

Each year, millions of people make a resolution to "get in shape" or "lose 20 pounds," but not many people reach their goals. Here are some tips to get yourself into the exercise groove and help you finally accomplish that pesky New Year's resolution.

Step 1: The most important step is to make it a part of your daily routine. Treat exercise as you would a business meeting. You wouldn't dare think to miss a business meeting, would you?

Step 2: You can reach your goals in one hour or less, three to four days a week. Perform 30 minutes of cardio, 20 minutes of strength training and 10 minutes of core and stretching.

Step 3: Take advantage of free services offered at your gym. Most

gyms offer complimentary training services.

Step 4: Make workouts interesting. Add variety by taking an aerobics or spin class once in awhile, to keep you from getting bored.

Step 5: Never forget the importance of nutrition. You can work out extremely hard but if your regular hot spot is McDonalds, you will have a frustrating time reaching your goals. Try eating small but frequent meals, but don't restrict yourself completely. You can still have a little cake now and then—just don't eat the whole thing!

Follow these five steps and you will be well on your way to reaching your New Year's resolution!

Brought to you by *THE GYM* in Armonk, 99 Business Park Drive, Armonk 914-219-1601