

***Now is the perfect time to think about your New Year's resolutions. Increase your fiber intake, eat more fruits, vegetables and fish.....and if you use tobacco in any form QUIT! Continue or start an exercise program! Remembering always that a physically BETTER you, can mean a happier and healthier you, for the rest of your life!***

**DID YOU KNOW** that the biggest myth about strength training is that it makes *women* bulk up? It's really unfortunate that so many women believe this misconception because strength training is the secret to burning more calories and losing weight faster. Remember, muscle speeds up your metabolism and burns fat. So the more muscle you have, the more calories you burn, even when you're just sitting still. If you lose weight without doing strength-training exercises, you're likely losing muscle along with fat. With less muscle, you're actually slowing down your metabolism. Keep in mind that while muscle is heavier than fat, it is also more compact; it takes up less space, and thus so will you. As you develop muscle you will instantly notice that your clothes are not as snug, even if the number on the scale hasn't yet budged. Female bodybuilders lift extremely heavy weights to see big gains in muscle size and, in some cases, take steroids to add more bulk. That's two things you don't have to worry about with a tailored strength routine. Trust me! Your muscles will look firm, sexy and shapely, not bulky. *(LifeScript)*

**No time for exercise during the week?** You're not alone. Millions of adults are stretched for time and can only spare a few precious moments to exercise during the week. And that makes weekends the perfect time to catch up on fitness. We call those people Weekend Warriors. Although fitness experts recommend exercising at least 30 minutes each day, research suggests that those who burn a lot of calories on the weekends and not during the week are still much better off than those who ***do not exercise at all***. Burning just 1,000 calories in one or two exercise sessions a week (or weekend) can increase your chance of living for at least 10 years longer than sedentary individuals by 60%. In other words, don't adopt an all or none attitude! Some is better than none, and fitting it in on the weekends is just fine. *(LifeScript)*