

Why Get Fit?



What does it mean to get fit?

Different authorities have differing opinions on what makes someone 'fit'. The bottom line is this: if you're physically fit, you can do your chosen form of exercise without ending up completely exhausted. To do this you need: strength, endurance, speed, flexibility, and proper nutrition. Nutrition is a crucial piece of the puzzle. It has just as much, if not more, of an impact on your Body Mass Index, and Body Composition than exercise does.

What does eating healthy mean and why is it so important?

Eating healthy means having most of your diet made up of fruits, vegetables, lean proteins, and healthy fats. It also means limiting processed and refined food such as store bought crackers, cookies, and other packaged foods.

It does not mean you have to give up cake, cookies, chips, and pizza, entirely. Having them occasionally, not daily, or finding lower fat and calorie versions of these treats is preferred.

It is important to eat healthy for the following reasons:

1. To provide the necessary nutrients that your body needs to create new cells, clean toxins, and to just function every day!
2. Eating right now can help prevent future diseases such as diabetes and cancer, and heart disease.
3. You will have more energy and be more alert.
4. You will feel better about yourself!

Once you have decided to become healthier and fitter, don't keep putting it off: procrastination is deadly. Then again, a little thought is needed first. People who go straight in without any knowledge run the risk of over doing it with either exercise, or by making too drastic of a diet change. In both cases you need to make changes you can live with for the long term or you will not be successful. Planning is key. You need to ask yourself what do you think it will take to achieve your goals. Support is also important. Do you need someone to be accountable to; your trainer, nutrition coach, or supportive friend?

Set realistic goals, and reward yourself every time you achieve one by doing something special for yourself like having a pedicure or buying something you really love. But the best reward will be a healthier more fitter, happy you!!

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Apple Crisp

6 large Jonathan or other crisp baking apple thinly sliced

1/4 cup granulated sugar

1/4 cup plus 2 tablespoons all purpose flour, divided

1 1/2 teaspoons ground cinnamon, divided

3 tablespoons Smart Balance Light, with flax oil

1/3 cup firmly packed brown sugar

1/4 teaspoon ground nutmeg

3/4 cup quick-cooking oats

Preheat oven to 350*. Spray 9x9-inch baking dish with canola oil spray. Place apples in large bowl. Sprinkle with granulated sugar, 1 TBLS flour and 1/2 teaspoon cinnamon. Toss to coat, then pour in baking dish. In medium bowl, combine margarine, remaining 1/4 cup plus 1 TBLS flour, brown sugar, remaining 1 teaspoon cinnamon and nutmeg until crumbly. Stir in oats. Sprinkle over apples making sure edges are covered. Bake 40-45 minutes or until apples are tender. 9 servings

Nutrition information: 113 calories; 25 gr. Carbohydrates; 2 gr. Fat; trace of fiber and protein