

Greetings,

This newsletter sends you calorie, money and fluid tips. Enjoy!

This information has come from the Professional Fitness Trainers newsletter I receive. I have added some of my own thoughts within information from the text. Keep what you can use and gain from; leave the rest behind.

To help save calories and money:

1. Before shopping, make sure you have a shopping list and a full stomach. I know when I shop on an empty stomach I always buy something I don't really need or later on want. This is unfortunate impulse buying that costs extra money and calories. The newsletter also states to not fall prey to gimmicky diet foods. Overpriced specialty items won't guarantee weight loss.
2. Avoid convenience food items. There are exceptions, but convenience foods are usually more expensive and also less nutritious. Store brands can often be substituted for costlier name-brand items. Try making the switch; you can always return to the name brand next time if you're not happy.
3. Use chicken, turkey and fish. They're less expensive and a healthy change from beef. Also, canned tuna, peanut butter, eggs, egg whites and beans are cheap protein-rich staples.
4. Buy milk in half-gallon containers. They're cheaper than pints or quarts, as long as you drink it before it goes bad. Buy cheese by the block, and do your own slicing, grating and chopping. Keep in mind that yogurt is a great, nutritious snack, but you can skip the costly 8-oz containers unless they're on sale.
5. Coupon savings might look small at the checkout counter on a weekly basis, but over the course of a year, they can add up. Use coupons based on the meals you plan to prepare for the week. Also, use coupons only for items you would normally buy.

Here is one more from the newsletter:

“A recent study suggests that nearly half of all exercisers are starting their workouts at a real disadvantage – by arriving at the gym already dehydrated even though many mistakenly believe they are drinking enough. According to research, as little as 2% dehydration can affect workouts by dropping an exercisers' endurance and causing workouts to feel much harder.”

To ensure you stay better hydrated IDEA Health and Fitness Association recommends the following tips:

1. Bring fluids with you, the water fountain will not be enough.
2. Flavor is key. Research shows that people will drink more of a beverage that has a little bit of flavor versus just plain water. You can put some lemon in the water to give it a bit of a taste. (If you have any successful tips on how to flavor water with something other than a lemon or a lime, please let me know.)
3. Drink on a schedule. Once you are thirsty, it is too late. It's important to drink before, during and after exercise.

One more thing to remember, when thinking about losing weight – if you eat more than your body uses up in a day, you will gain weight. Become conscious eaters and ask yourself, “Why am I eating this? Is there something healthier I could eat or do? What do I really want?” Remember, we make our lives exactly what they are.

Hope your workouts are going well.

Carol Lee Rogers

Remember, if you don't take care of your body, where are you going to live?