

December 2011

High five's for avoiding holiday weight gain

A realistic approach to beating the battle of the bulge and even improve your fitness level during the holiday season.

- 5. Portion size, please.** When cheating on your diet, use moderation. Allow yourself to enjoy your favorite food a little here and there, but limit your portions.
- 4. Lift Weights.** When short on time, emphasize weight training. Muscle aids in burning fat and will help fight off the extra fat. Or try to superset weights and cardio workout.
- 3. Be a fashionista.** Wear your sexy outfit once a week whether it is a cute black dress, muscle shirt or skinny jeans. Once you have in your mind that you want to wear your "hot" outfit, you will likely restrict your calorie intake.
- 2. Dance with the Stars.** Instead of throwing a dinner or cocktail party, create an active tradition such as a dance party (salsa, hip hop, pole dancing), fitness class group (Tai chi, ballet, yoga, hula hoop) or adventure trip such as sightseeing that involves lots of walking or ice skating.
- 1. Call a friend.** Encourage your friend to exercise with you. Walking and talking can be a great way to burn extra calories, reduce your stress level and good for motivation. Better yet: hire a Bench Gym personal trainer to guide and help you achieve you fitness goals at a short amount of time.

TRENDING:

Laughing is a great tension reliever. It burns calories and reduces stress. And when you enjoy what you are doing you will want to do it more whether it's lifting weights, walking around the block or go out dancing.

Happy birthday, Dominic!



Help us celebrate Dominic's Birthday on Friday, Dec. 9, at our **RED HOLIDAY PARTY!**

BUZZ:

Physical activity is the key for maintaining health and independence as people age, but regular physical activity is reported by only 30 percent of Americans aged 45 to 64; 25 percent of those aged 65 to 74; and 11 percent of those aged 85 and older, according to the NIH.