



Dear FIT Athletic Member,

As spring approaches and the weather warms, now is the perfect time to take your workout outdoors. The fresh air and change of scenery is sure to recharge your batteries and give you a renewed enthusiasm for exercise.

But if sunshine and seasonal temperatures aren't enough of a draw to get you out the door, FIT Athletic is offering some extra motivation this month. We are proud participants in the upcoming Avon Walk For Breast Cancer, scheduled for April 4 - 5 here in Houston, and have organized a team of "FIT Walkers" to train and raise funds for the event.

Every Sunday morning in the month of March, the group will set out from the gym at 8:30 a.m. on treks of varying lengths. Aside from making strides against breast cancer, a disease that currently affects millions of women and men worldwide, the FIT Walkers will provide camaraderie and motivation to all who participate.

FIT members and non-members alike are welcome to walk, and enrollment in the Avon event is not required. It is simply asked that anyone not registered to raise funds make a minimum \$5 donation to the Avon Foundation each time they train.

So shake up your fitness routine this spring by hitting the streets with the FIT Walkers. You'll get a great workout, make new friends, and benefit a very worthy cause in the process.

Sincerely,
Megan Breckenridge
FIT Athletic Club

For more information on the Avon Walk For Breast Cancer and how you can get involved with the FIT Walkers, please see this month's installment of Group-X Update below.

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A Note About Parking At FIT: There are plenty of spaces available for all! FIT members have full access to the lot in front of the Marshall's shopping center, and are welcome to park there any time.

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FIT Fan Photo Contest

Congratulations to February's Winner, Tim Frost!

FIT Athletic member and Facebook "fan" Tim Frost is the winner of February's FIT Fan Photo Contest! **For posting this month's top shot, Tim will receive a complimentary dinner for two at Houston's only Certified Green Restaurant, Ruggles Green!**

Think you've got the athletic chops to take top honors in next month's contest? Enter by logging on to FIT Athletic's Facebook page and uploading your photos to the fan album! Your pictures must show you working out or engaged in some sort of physical activity. **March's winner will be awarded dinner for two (a maximum value of \$40.00) at Ruggles Green!**





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Up Close And PERSONAL



Name: Will Osburg, NASM-CPT
Age: 30
Hometown: New Orleans, LA

"I believe that real progress is made when we stop thinking about where we are now and focus on where we want to be," says Will Osburg, NASM-CPT, one of the newest additions to

FIT Athletic's professional training team. "And when it comes down to it, we all have the same goals: to be stronger, healthier and more in tune with our bodies."

Ironically, Osburg hasn't always been in tune with his own body. A self-proclaimed "fat kid", he was largely inactive until the age of 20, when he joined the Navy and received a crash-course in fitness and weight-loss. But even then, poor eating habits trumped his vigorous training schedule and the scale didn't budge. "It wasn't until about a year after I was discharged from the Navy that all the pieces fell into place," he says. "It was then that I made some major lifestyle changes and the weight finally came off."

Osburg credits his success to a strict diet and rigorous exercise regime that includes Kung Fu, Tai Chi, running, stability and flexibility training, and myofascial release. It was through the practice

of these various activities that he initially became interested in personal training, and it is the tenets of each that he now aims to instill in his clients.

"The overall objective of many Eastern styles of martial arts is to join the mind, body, and spirit," he says. "It is this notion of 'know thyself'; psychologically, physically and spiritually, that gives people the power to affect change in their lives."

Seeking personal change and a renewed professional challenge, Osburg joined the FIT Athletic team in February, 2009. "This club has a great atmosphere and I've found that I have a great deal in common with many of the members," he says. "The personal training staff is also a cut above what I've experienced in the past, and I'm pleased to be part of such a valuable organization."

Osburg looks forward to working with a diverse clientele, especially those willing to match his own level of enthusiasm and effort. "I love this job because it gives me a chance to impart knowledge that I've found to be effective in my life, and to meet some really great people in the process," he says. "And I think FIT Athletic will be the perfect place to do just that."

If you have a fitness-related question for Will or are interested in enlisting his services as a personal trainer, he can be reached at will@fitathletic.com or 713.STAY.FIT (782.9348).

FIT Perks - FIT Athletic is pleased to announce NEW offers from our FIT Perks Partners:

Ruggles Green



Ruggles Green, located at 2311 West Alabama Ave, is proud to be the newest Certified Green Restaurant (CGR) in Texas, and the only CGR in Houston City Proper. They offer delicious menu items that incorporate organic, all-natural, hormone-free, preservative-free products, and strive to preserve the environment through their actions in recycling, conservation, and the use of sustainable products.

The Ruggles Green menu is a diverse collection of comfort foods like Spicy Fish Tacos, Warm Goat Cheese Salad, 98% Lean Buffalo Burger, and Tomato Basil soup with Puff Pastry Top. They also offer wood-fired pizzas like the Organic Margherita Pizza and Hemp Four Cheese Pizza, and are working on adding more raw and vegan menu items as well.

Ruggles Green is offering all FIT Athletic members a 5% discount off their total purchase! Just present your FIT card the next time you dine and enjoy the savings along with your healthy, eco-friendly meal.

Who: All FIT Athletic members.

What: 5% off total purchase.

How: Present your FIT membership card.

Where: Ruggles Green, 2311 West Alabama Ave. Open daily from 11 a.m. to 10 p.m.

Web: www.RugglesGreen.com

Starting in mid-March, Ruggles Green will also be bringing its unique brand of healthy fare directly to the Fit Café! Offerings will include Hi-Protein Hemenadas™, the Ruggles Green Veggie-Nut Burger, and the ultra-popular Hemp Brownie!

The Health Museum



The John P. McGovern Museum of Health & Medical Science, also known as The Health Museum, is Houston's most interactive science learning center and a member institution of the world-renowned Texas Medical Center. Located in the heart of the city's rich and varied Museum District, The Health Museum encourages growing interest and regard for healthier lifestyles, fitness and good physical, mental and spiritual health. The Museum treasures Houston's diverse population and welcomes individuals of all backgrounds.

In partnership with FIT Athletic, The Health Museum is offering club members a \$10 discount on memberships (family member or higher) ONLINE ONLY, through 12/31/09.

Who: All FIT Athletic members.

What: \$10 discount on memberships (family member or higher) ONLINE ONLY, through 12/31/09.

How: Log on to <http://www.thehealthmuseum.org/Exported-Site/Membership/MembersMonth.htm> and enter Promo Code: FITPERKS.

Where: The Health Museum, 1515 Hermann Drive. Open Tuesday - Saturday, 9 a.m. to 5 p.m., and Sunday, 12 p.m. to 5 p.m.

Web: www.thehealthmuseum.org

Robeks Juice - Fruit Smoothies & Healthy Eats



Robeks Juice - Fruit Smoothies & Healthy Eats offers fresh, premium, made-to-order food and beverages. Since opening their first shop in 1996, Robeks has been committed to promoting the benefits of healthier eating, and helping their guests maintain active and healthy lifestyles.

FIT members are invited to enjoy **50% off all smoothie purchases (Tropical, Berry, NaturallyLight) during the month of March!** Simply stop by one of the participating Robeks locations and flash your FIT membership card to enjoy the savings!

Who: All FIT Athletic members.
What: 50% off all smoothies (Tropical, Berry, NaturallyLight) through March.
How: Present your FIT membership card.
Where: Robeks Juice - Fruit Smoothies & Healthy Eats: Buffalo Speedway (in the Kroger Shopping Center, next to Pei Wei) or Memorial (across from Memorial High School).

Web: www.Robeks.com

Utopia Medical Spa at Uptown Park Boulevard



Board certified plastic surgeon, Dr. Franklin Rose, welcomes you to Utopia MedSpa; one of the premier plastic surgery practices in the Houston area. Featured on Dr. Phil and MTV's I Want a Famous Face, Dr. Rose offers the latest in surgical and non-invasive technology at his beautiful Uptown Park location.

Dr. Rose is a nationally renowned surgeon overseeing his plastic surgery practice and medical spa to ensure the highest quality of care to his patients. Utopia MedSpa is pleased to offer a wide range of cosmetic solutions for both women and men.

As a new FIT Perks Partner, Utopia MedSpa is offering club members 10% off all injectables (Botox, Juvederm, Radiesse, Restylane, Perlane, Cosmoplast) and 25% off all laser services during the month of March!

Who: All FIT Athletic members.
What: 10% off all injectables (Botox, Juvederm, Radiesse, Restylane, Perlane, Cosmoplast) and 25% off all laser services.
How: Present your FIT membership card.
Where: Utopia MedSpa, 1121-16 Uptown Park Boulevard. 713.622.2277.

Web: http://utopiaplasticsurgery.com/Utopia_MedSpa_uptown_park_houston.cfm

Houston Museum Of Natural Science

theHoustonMuseumofnaturalscience

Founded in 1909, the purpose of the Houston Museum of Natural Science has always been to "enhance in individuals the knowledge and delight in natural science and related subjects..." To this very day, this purpose is carried out in every project, program and exhibition associated with the museum.

The museum houses the Burke Baker Planetarium, Wortham IMAX Theatre, Cockrell Butterfly Center and over a dozen permanent exhibit areas that examine astronomy, space science, Native Americans, paleontology, energy, chemistry, gems and minerals, seashells, Texas wildlife and more. In addition, the museum frequently presents traveling exhibitions on a variety of topics. The museum also maintains two satellite facilities: The George Observatory in Fort Bend County, which houses one of the largest telescopes in the country that is available for public viewing; and The Woodlands Xploration Station, which has exhibits on dinosaurs; mineralogy; exotic, live insects and more.

As one of FIT Athletic's newest Perks Partners, the Houston Museum of Natural Science is offering members discounted admission to the Genghis Khan exhibition!

Who: All FIT Athletic members.
What: \$7 discount on single adult admission to the Genghis Khan exhibition.
How: Print and present the coupon below. Limit one offer per print out. Void if copied. Not valid with any other offers or special engagements. Must be exchanged for a ticket.
Where: The Houston Museum of Natural Science, One Hermann Circle Drive.

Web: www.hmns.org



Join the horde to see the *Genghis Khan* exhibition and receive \$7 off a single adult admission when you bring this coupon to the Houston Museum of Natural Science's Box Office! Limit one offer per print out. Void if copied. Not valid with any other offers or special engagements. Must be exchanged for a ticket.

Coupon Code (CPV/CMD) Expires September 7, 2009.

theHoustonMuseumofnaturalscience

Save The Date: 3.19.09

KICKBOXING • YOGA • PILATES • SPIN • BOOTCAMP • ADVENTURE TRIPS with KRAV MAGA

YOU'RE INVITED ON
 thursday march 19, 2009
 5 - 8pm
 after work business
 bring your gym bag
stay and get FIT!
 Beer • wine • borba • bites @ RIGGS GOLF • dj Hector



"FIT Walkers" Trek Toward The Cure



In support of the **Avon Walk For Breast Cancer**, scheduled for April 4 -5 here in Houston, **FIT Athletic has organized its own training team!** If you've signed on to participate in this worthy fundraiser, **it's FREE to join the "FIT Walkers"**, and membership includes weekly training walks; information and guidance about training schedules and cross-training; help from corporate sponsors to reach your personal fundraising goal; motivation and camaraderie from fellow FIT Walkers; and a t-shirt to show that you're part of the team!

If you've yet to register for the event and join the FIT Walkers team, visit www.avonwalk.org. Training will take place every Sunday in the month of March, with the team departing from FIT Athletic Club at 8:30 a.m. sharp. Additional information regarding participation and training times will soon be available online at www.fithouston.com

and at the club; and any questions should be directed to Kelley Lloyd-Davidson at kellelyd@fitathletic.com or 713.STAY.FIT (782.9348). Non-members are invited to join the walks as well, with a minimum \$5 donation to benefit the Avon Foundation.

Corporate Sponsors Needed!

The FIT Walkers are calling on businesses large and small to help them make every step count in the upcoming Avon Walk For Breast Cancer. By pledging your support to the team, you'll provide medically under-insured women and men with the screenings, support, and treatment they require; and leading-edge research teams with the means to keep working towards a cure.

Every penny of your donation will go to the Avon Foundation and be tax deductible. In addition, your company logo will appear on FIT Walker team t-shirts and on any additional promotional materials.

If your company would like to help the FIT Walkers make strides in the fight against breast cancer, please contact Kelley Lloyd-Davidson at kellelyd@fitathletic.com or 713.STAY.FIT (782.9348).

FIT Athletic Named Official Training Site For BP MS 150



FIT Athletic Club is pleased to announce its designation as an official training site for the MS 150! Watch for news of upcoming events such as virtual rides, the "Peddle for Pledges" cycling event, and other MS 150-specific indoor cycling classes. Take advantage of the extensive knowledge and cycling expertise of your FIT Athletic instructors as you ready yourself to ride!

Forrest Yoga Intensive with Kristen Jensen

Come prepared to sweat, challenge every cell in your body, and bring restorative balance into your Yoga practice! All levels welcome; variations will be given to beginners and those working with injuries.

What: Forrest Yoga Intensive with Kristen Jensen

When: Sunday, March 22 from 2 - 4 p.m.

Where: FIT Athletic Club

Pre-registration is for this event is required, and sign-up sheet is available at the front desk. The cost is \$15 for FIT Athletic members and non-members. For more information, please contact Kelley Lloyd-Davidson at kellelyd@fitathletic.com or 713.STAY.FIT (782.9348).

FITness Facts - Effective Weight Training: How To Determine Your Ideal Weight And Rep Range

By Cari Shoemate, ACE-CPT, GFI

As a personal trainer, I get asked this question all the time: "Is it better to perform fewer repetitions with more weight or more repetitions with less weight?" My answer is always the same: For general conditioning, you should use a weight heavy enough to fatigue your muscles after 10 - 12 reps. Keep in mind that as you get stronger, you will be able to do more reps with a given weight and will have to adjust accordingly.

Women in particular are often worried about "bulking up" if they use heavy weights, but this is just a myth. Unless you are lifting a REALLY heavy weight in the 2 - 4 rep range and drastically change (consuming large quantities of protein), this will not happen. Besides, as women our testosterone levels will not allow this. Sure, it's possible for guys to bulk up and you see them all the time in the gym pumping heavy iron. But rest assured ladies, you will not turn out looking like the Hulk! If you prefer to stick to light weights, you can still get a good workout, but you will need to apply the same principle and do as many reps as it takes to fatigue your muscles. So if you are using light weights, this could mean you will be standing around doing 30+ reps of bicep curls for one set! Who has time for? I would much rather see you grab a set of 10 or 12 lb dumbbells and do 12 reps and be done with it. Lifting heavier weights will give you the lean definition you are looking for because it will alter the shape of your muscles more quickly than using lighter weights. Plus, the more muscle mass you have, the more calories your body burns while at rest, and who doesn't want that?



What about using your body weight for certain exercises vs. free weights or machines?

This is basically using heavier weights in disguise! It's much harder to do triceps bench dips using your own weight than it is using 3 - 5 lb dumbbells to do triceps kickbacks. Also, it's harder to do a regular pushup than it is to perform the equivalent exercise on a chest press machine. I like to alternate some body weight exercises with machine exercises or free weights during every workout to really challenge my muscles.

What size weights should I use in a "Group X" class?

This depends on the class and what the instructor has planned. Usually, the instructor will tell the class to either grab light, medium or heavy weights; and sometimes a combination of all three. But in a typical group class you will be doing more repetitions than if you were working out on your own, so you may want to go one size down from what you use on the gym floor. Also, don't be afraid to go over to the weight stack mid-class and grab another set of weights if the ones you have are turning out to be too light or too heavy.

In conclusion, don't be afraid to increase the amount of weight you've been lifting at the gym! You will get stronger faster, tone your body quicker and enjoy newfound self-confidence as you leave those light weights behind!

For more detailed information about the specifics of weight training, email Cari at Cari@Cari-Fit.com or visit her blog at www.Cari-Fit.com.



Nutrition Notes - Why Strength Train?

By Angela Gruetzmacher, Certified Nutrition Counselor



How great would it be if you could burn more calories while sleeping, sitting in your office chair, watching a movie, or studying for a test? Research has shown time and time again that resistance training (versus cardiovascular exercise) has a positive effect on one's basal metabolic rate (BMR), or the rate at which an individual burns calories at rest.

As you engage in resistance training exercises (machines, free weights, bodyweight, stability ball, medicine ball, tubing, bands, etc.), your muscle fibers incur microtears. But fear not; amazingly, your muscles know exactly how to handle this situation. The individual fibers regenerate and repair these tears, becoming stronger than they were before. As a result, the muscles not only get stronger, but they burn more energy at rest due to their increased size and caloric needs. WOW!

While this phenomenon does not occur overnight, over time the rate at which you burn calories at rest will increase as long as resistance training is consistently incorporated into your fitness regime. The bottom line: Resistance training increases your BMR.

One common mistake people make is that they perform the same fitness routine day in and day out, without ever altering the variables of their program. Without changes to the number of sets completed, the number of repetitions performed, or the load of weight lifted, your muscles will eventually adapt to the exercises and cease to make the gains that lead to an increased BMR. To ensure optimal success, there is no substitute for a Certified Personal Trainer, who can appropriately design a training program based on your individual goals. Their guidance and expertise will ensure you are continually moving forward on the road to optimal health.

Angela Gruetzmacher, Certified Nutrition Counselor, is FIT Athletic's resident food and supplement expert. For more information on the importance of strength training, please contact her at angelag@fitathletic.com or 713.STAY.FIT (782.9348).



FirstLine Therapy® TLC Program



FIT Athletic is now a proud provider of FirstLine Therapy®'s TLC Program!

FirstLine Therapy® is a Therapeutic Lifestyle Changes (TLC) program that can help you improve your overall health. **With FirstLine Therapy®, you'll learn simple things you can do every day to take control of your health; such as diet, exercise, stress management, and appropriate nutritional supplementation.**

TLC's are the first, and possibly the most important, therapies doctors can prescribe to treat many chronic health problems. **Lifestyle changes are now recommended as the "first line of therapy" for treating chronic illness or reducing the risk of other serious health conditions, such as:**

- * Heart disease
- * Stroke
- * Diabetes
- * Arthritis
- * Osteoporosis
- * Overweight/Obesity
- * High cholesterol
- * High blood pressure
- * High blood sugar
- * Alzheimer's Disease

Lifestyle choices are also the key to addressing other health concerns and symptoms, such as:

- * Fatigue
- * Hormone imbalance
- * Low sex drive
- * Stress-related symptoms
- * Poor memory or lack of mental clarity
- * And many others

Many of these health problems can be reversed or even treated by adopting a healthy lifestyle. A healthy lifestyle starts with knowledge -- the knowledge to make informed decisions that impact your health every day. With this program you'll also get easy ways to track your progress, tips for success, reminders, and other support that will help you achieve your goals.

FirstLine Therapy® will help you:

- * Address the underlying cause of common health problems
- * Take control of your health by providing you with the necessary tools
- * Live your life in a way that improves your health
- * Feel good now, and maintain good health for years to come

FirstLine Therapy® works because it is based on:

- * The most current scientific research
- * Concepts proven in recent controlled clinical studies

FirstLine Therapy® packages currently available at FIT Athletic include:

Quick Start:

- *Initial comprehensive testing
- *Foundation Supplementation
- *Foundation Nutrition
- *One follow-up retest

Jump Start (3-month Program):

- *Initial comprehensive testing
- *Foundation Supplementation (3 months)
- *Foundation Nutrition
- *12 weekly follow-up retests with consultation

New Start Comprehensive Package (3-month Program):

- *Initial comprehensive testing
- *Foundation Supplementation (3 months)
- *Foundation Nutrition
- *Custom Supplementation for specific fitness goals:
 - *Weight loss
 - *Diabetes
 - *High cholesterol
 - *Digestive
 - *Detox
- *12 weekly follow-up retests with consultation

New Beginnings (6-month Program):

- *Initial comprehensive testing
- *Foundation Supplementation
- *Foundation Nutrition
- *12 weekly follow-up retests with consultation
- *3 monthly follow-up retests with consultation

New You:

- *Initial comprehensive testing
- *Foundation Supplementation
- *Foundation Nutrition
- *12 weekly follow-up retests with consultation
- *8-week fitness program



FirstLine Therapy® is currently offered at FIT Athletic by Angela Gruetzmacher, Certified Lifestyle Educator. She is also certified in Sports Nutrition and a Certified Personal Trainer.

Working in conjunction with a Medical Director who oversees the program, Gruetzmacher customizes nutritional programs to meet the needs of individuals. "Cookie cutter programs do not work," she says. "There are many programs and much information available on weight management, but what people need is to be empowered when it comes to food."

Gruetzmacher stresses that in their quest for healthy, sustainable weigh loss, individuals should strive for control and avoid mandated meal plans. "Diets might work temporarily, but not for a lifetime," she says. "I give people the tools they need to meet their fitness goals and maintain those accomplishments indefinitely. I help people be the best they can be and achieve the highest possible quality of life within the constraints of their lifestyles and tolerance levels."

To explore your options for improved health and wellness through FIT Athletic's new FirstLine Therapy® TLC Program, please contact Angela Gruetzmacher at angelag@fitathletic.com or 713.STAY.FIT (782.9348).



Indoor Cycling Connection - How To Monitor Heart Rate

By Nancy Mathé, Certified Silver Level Schwinn Indoor Cycling Instructor



One of the main goals of Spin class participants is to maintain specific heart rate ranges for extended periods of time. Heart rate is so crucial to Spinning that it is prominently displayed on each bike's computer screen. Heart rate is an accurate measure of a workout's intensity, and ensures that a rider's goals are reached during every class.

Why then, can a rider not just monitor their pulse using two fingers placed on the neck or wrist? This was once thought to be an effective way to check heart rate, but many studies have since proven it inaccurate. When a rider manually counts his or her pulse, exertion slows and heart rate drops. For example, in an interval Spin class, activity is constant and a rider's heart rate range varies every 3 to 4 minutes. It is physically impossible to maintain the intensity of the ride and monitor a correct heart rate while manually counting. Wearing a heart rate monitor or a heart rate strap around the chest allows for accurate heart rate measures without decreasing intensity.

A heart rate monitor also eliminates the guesswork in determining whether a ride is too strenuous or too light. Without striking a

balance of high intensity and recovery during a ride, the rider is more susceptible to injury, fatigue and experiencing plateaus of weight loss.

Almost any heart rate monitor will work with FIT Athletic's Keiser bike computers. The only monitor I have found to not work is the Garmen. I am a trained Polar instructor, so I personally use this brand. However, Nike, Timex, Sportline and Cardiosport make basic models that are less expensive and deliver accurate heart rate information. Another option is to purchase only the heart rate strap that fits around the chest. These can be purchased at Luke's Locker, Academy and even on Amazon.com for less than \$40.

An instruction manual comes with all heart rate straps and monitors to assist you in calculating your target heart rate zones. But if you ever require any additional help or information on heart rate monitors and the best way to use them in a Spin class, please don't hesitate to ask one of FIT Athletic's Certified Spin Instructors. A heart rate monitor will transform your ride and transport you to the level of fitness you desire!

Nancy Mathé is a Silver Level Schwinn Indoor Cycling Instructor, and has attended indoor cycling trainings in Europe and the Middle East. She continues to train regularly with Mad Dogg Athletics and Johnny G Spinning in the U.S. For more information about FIT Athletic's Indoor Cycle Program, contact Nancy at 713.STAY.FIT (782.9348).



Mind Matters - Simple Ways To De-Stress

By Karyn Wilds, CPT, CHT, Life and Fitness Coach

If you are trying to lose weight, or have lost weight in the past only gain it back, your problem may be more than diet and exercise: It may be stress. Not only does stress increase cortisol levels in your body that can lead to unwanted weight-gain (particularly around the midsection), but it can also lead to emotional eating. Seeking comfort from food is a common response to stress, and the foods we are often drawn to are high in sugar, fat and carbohydrates. Incorporating "de-stressors" into your weight-loss program may help you reach your fitness goals and maintain them long-term.



Here are a few simple "de-stressors" that will help you reach your goals:

Exercise to relieve tension and promote the release of endorphins:

- Enlist the help of a Certified Personal Trainer to keep you motivated and on track. Setting and reaching goals will significantly reduce stress.
- Employ the buddy system and exercise with a friend or significant other. It's a great way to spend time together and companionship reduces stress.
- Find an activity that you really enjoy doing. Pleasure reduces stress. Never allow your workout to become a chore that creates more stress.

Relax to replenish your body's hormonal balance:

- Meditate for a few moments each day. Just the act of being still in mind and body for a few moments greatly reduces stress levels.
- Get a massage. It's a wonderful way to heal your body and relax your mind.
- Read a good book. Allowing your mind to wander away from real life for a while is a great way to relax and reduce stress.
- Listen to soothing music. Studies show that listening to soft music has a positive effect on the body and its stress levels.

Fuel your body for stress reduction:

- Good nutrition promotes healthy body functions, clear thinking and high energy for living. Being able to think clearly reduces stress and increases instances of good decision-making.
- Don't use caffeine, as it increases your level of perceived stress and leads to mood swings and energy crashes.
- Talk to your doctor about vitamins and supplements that could be of benefit to you. Today's processed foods lack many of the nutrients we require to combat stress.
- Eat 4 to 6 small meals per day and space them 3 to 4 hours apart to keep your energy levels up and your mind and body filled with healthy fuel. Consult a Certified Nutrition Counselor to gain insight into healthy foods and portions.
- Drink plenty of water. Your body needs water for proper functioning and metabolism. Much of the time when you think you're hungry, you're actually just dehydrated! Eight glasses per day is the current recommendation for adults.

Think positively:

- Optimism is a great stress buster and a wonderful way to create a sense of peace with yourself and your world.
- Try guided visualization or hypnosis to relax and create positive thoughts and behaviors. Athletes have been using it for years to optimize performance and reduce competition anxiety.
- Set positive, productive goals for yourself on a regular basis. Having a detailed plan of action greatly reduces stress and increases success, self-esteem and confidence.
- Reward yourself. So often we obsess about all the things we have not accomplished or done well. Use that precious energy to acknowledge your success and plan your improvements.

Sleep, sleep, sleep!

- Getting a good night's sleep is essential to your fitness and weight loss program, and even more importantly, to your peace and clarity of mind.

For more information on how you can reduce the amount of stress in your life, please contact Karyn Wilds at 281.704.6116 or karyn@enter-hypnosis.com.

FIT News welcomes your feedback!

Please contact Megan Breckenridge with your questions, comments or suggestions at megan@fitathletic.com.

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