



Lady of America Newsletter - December 2009 - 'Tis the Season

Natalie's Tip of the Month

Out with the Old and in with the New!

How about not waiting until January 1, 2010, to start something new? Why not try a new physical activity *now*? Better yet, pick something you've never done before. It could be anything you want – jumping rope, roller blading, water aerobics, dancing ... anything that you can think of that will burn calories.

Natalie Brabner
Lady of America's
Official Trainer and
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I was recently challenged by a fellow fitness trainer to try martial arts. It never crossed my mind to even try. Honestly, I never thought of myself as the kicking and punching type. But I do love a challenge, so I said "yes." I am happy to tell you that I LOVE it!

I have taken a couple of sessions and I definitely feel my body slowly changing for the better, even though I must confess that sometimes I feel like a fish out of water. But the way my body is responding is definitely worth it!

So, go out there and try as many different things you can think of, and if you feel a little silly doing it, use my approach: get a few giggles at your own expense and repeat! It will be good for your body and your soul.

Wishing you all a great holiday season!

All my love,
Natalie

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