

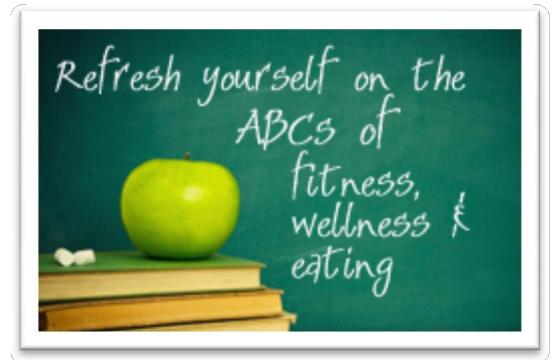


Lady of America Newsletter - September 2009

Back to School issue - A food plan to follow for healthy eating

It's back to school for the kids, so we thought this would be a good time for you to go back to school and refresh yourself on the ABCs of fitness, wellness and eating.

Flip through a few magazines and you will find articles on the newest dieting theories, the new quick-fix or latest magic food that will help burn the fat. Instead of buying into these gimmicks, think about these "lessons" as you continue on your journey to a healthier you.



Eating:

Lesson 1: Eat a balanced and nutritious food plan every day

Lesson 2: Eat every 2-3 hours to keep your sugar levels and hunger in check

Lesson 3: Trade in white foods for whole grain

Lesson 4: Add healthy fats and cut out trans fat

Lesson 5: Skim the fat from dairy — choose low-fat and fat-free

Lesson 6: Replace soda and liquor with 8 glasses of water each day

Lesson 7: Switch from fried food to roasted, baked, sautéed; avoid processed food, opt for whole foods

Lesson 8: Add antioxidants, fiber, Omega-3, olive oil to your diet

Lesson 9: Try a new fruit or vegetable each week

Lesson 10: Ask questions when dining out, and tell the kitchen how you want your meal prepared

Lesson 11: Plan your meals and snacks

Lesson 12: Eat slowly and put the fork down in between bites



Wellness:

Lesson 1: Make yourself Priority #1

Lesson 2: Give your self as much love and support as you give others

Lesson 3: Treat your body like a temple

Lesson 4: Journal feelings to help address deeper issues

Lesson 5: Splurge on non-food rewards — a luxurious bath, a massage, a spa get-away, new clothes

Lesson 6: Sleep 8 hours each evening



Lesson 7: Nurture relationships that are important to you

Lesson 8: Learn ways to de-stress — walking, yoga, massage, aromatherapy, meditation, deep breathing

Lesson 9: Positive self-talk

Lesson 10: Accept your body as it is now

Lesson 11: Get your yearly exams

Lesson 12: Learn to say “no”

Exercise:

Lesson 1: Stop making excuses, schedule the time in your calendar

Lesson 2: Lift weights 3 times a week, training your entire body each day. At the end of the weight workout, do at least 30 minutes of cardio. For optimum results, add one more cardio workout in the week.

Lesson 3: Challenge yourself and believe you can do it

Lesson 4: Change your exercise routine every 3 to 4 weeks to challenge your body

Lesson 5: Be consistent in exercise and the level of effort

Lesson 6: To get the most benefit from each workout, perform a mix of exercises —use the machines, your body weight, free weights and dumbbells

Lesson 7: Always maintain good posture

Lesson 8: Always wear the correct shoe, socks and support bra

Lesson 9: Remember to breathe while performing an exercise

Lesson 10: Set and define short- and long-term goals

Lesson 11: Make your fitness time fun — play tennis, swim, take a hike, etc.

Lesson 12: Be sure to stretch after working out

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