



Spring 2019 Fitness Flash

By Robin Resnick, Elite Personal Fitness

Walking tips to aid in weight loss

It's mid spring and time to think about wearing your spring/summer clothes. Did you stick to a fitness routine throughout the winter? It's never too late to begin one. An easy way to 'rock' your spring wardrobe is to get started with a walking program. It's low-impact, easy to fit into a busy schedule and accessible for almost any age or fitness level.

Here are some ideas to get you on your way:

- Take a short walk after eating.
- When completing errands, walk between destinations instead of driving when it's a mile or less.
- Take a short walk when you feel frustrated or stressed. It can help your mood while you burn a few more calories.
- Always take the stairs instead of the elevator.
- As you get into a routine, increase your intensity by walking faster, going up hills, or stairs. Want to get more out of your walk? For each 5 minutes of walking alternate with 30 seconds to a minute of jogging.
- Don't forget to watch what you eat. Just because you took a hike, doesn't mean you should indulge in a treat. No need to eliminate sweets or entire food groups, just keep the higher calorie foods to a minimum.
- Include strength training at least three days a week. Include exercises such as squats that use multiple muscles and are more functional.
- Try to do something every day. If you need an extra push, get a walking buddy. Having someone to walk with can help you be accountable.
- Record your efforts so that you can look at them and see your accomplishments.

Think positive and don't give up.

***** Cancellation Policy Reminder *****

Please give 24 hours' notice if you need to cancel your appointment or you will be charged for the session. The best ways to contact me is to text or call me at 617-794-0127.

Referrals

Please don't keep me a secret. If you know anyone who is looking for a trainer to give them undivided attention and motivate them while keeping them challenged, please pass along my name.

Your wellness partner,
Robin

References:
Myfitnesspal.com
Acefitness.org