



Fitness Myths

As a celebrity personal trainer / coach I hear so many horror stories. Often, I am amazed at what tricks and quick fixes people will try to loose weight. But, by far the most common myth is that not eating will produce incredible weight loss.

It sounds easy enough. And often it works at the expense of harming your body. It can work, but for how long? And when you return to your normal eating habits the likelihood of you doubling the weight that was lost is guaranteed. But, if you're like myself and have gone through an entire day without eating your body will begin to tell you. It will SCREAM at you if you take the time to listen. You begin to feel drained and lethargic. Our bodies are incredible precise machines. And simply put, we need food to fuel our bodies.

I know.... I know...you just don't have time. I have heard that excuse far too many times. But, you make time for what you want to make time for. If your favorite team or television show were playing you would make time for that, right? Or if the fine guy or girl asks you out, you make time for them. So, why is it that we can't make time for what we put in our bodies.

Our days are often too busy to prepare meals that are healthy and taste great. But if you eliminate or find healthy substitutions for items you love then there would be no need to ever skip meals. Try these 5 simple rules to keep your bodies fuel throughout the day.

1. Instead of mayo or cheese substitute canola mayo or veggiecheese made from skim milk.
2. Find healthy snacks that you can travel with like almonds, or peanuts.
3. Try alternated cooking methods like broiling, baking, grilling, steaming instead of fried.
4. Get rid of butter and margarine and substitute with olive oil, or canola oil
5. If you must dine out or go through the drive thru eat chicken without the skin and turkey or fish or try Subway.

By following the 5 simple rules you can begin to see small changes in your waist. Now, don't try it for 2 weeks and say I tried it and it didn't work. In order to see any type of visible change you must implement the 5 items for at least 30 days. So begin your new eating plan with your body mass index in mind.

Erase the constant images we are bombarded with. Skinny is fit, and skinny is in. If you could erase those images and be selfish for one moment and know that God created you exactly how you are. Each of us was given a mold, a beautiful, strong individual mold with no flaws. And every day we must take that mold and treat it with respect.

But your mold or frame can be compared with the Body Mass Index or BMI. If your weight far exceeds what the national average is for your height and weight re-evaluate that image and begin to implement the 5 rules above. To calculate your BMI you can visit: <http://www.caloriecontrol.org/bmi.html> after calculating your BMI Take action. Remember BE YOUR BEST....EVERYDAY

A handwritten signature in black ink that reads "Madison Chase". The word "Madison" is written on the top line and "Chase" is written on the bottom line, with a large, sweeping flourish that loops under "Chase" and back up towards "Madison".

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