



Summer Shape Up

Summer is officially here and the sunshine has welcomed swimsuits, shorts, t-shirts and sandals. Now is the perfect time to get in shape so that you will be ready to welcome summer with a smile and fit figure. So, where do you begin? Let's start by getting rid of **10 BAD HABITS** that prevent us from doing our best. For starters:

1. **STOP** doubting yourself and your abilities.
2. **DON'T** focus on what you can't do, **FOCUS** on **WHAT YOU CAN DO**
3. **RESIST** eating at local restaurant after 9pm
4. **LIMIT** excessive alcohol/liquor consumption (2 drink minimum)
5. **DON'T** assume that all genetic make-ups are the same
6. **USE** low-calorie dressing with salads
7. **DON'T** try the latest and greatest diet fad
8. **DON'T CUT ALL** your carbohydrates
9. **BE CONSISTENT** with exercise and good eating habits
10. **DISCIPLINE YOURSELF IN ORDER TO ACHIEVE YOUR GOALS.**

Eliminate those bad habits and take charge of your new healthy life style by establishing goals. For additional motivation, find a picture of someone that is in great shape. For example, if you are working on your abdominals, find a picture of a person who has great abs to keep you motivated.

When you reach your goal, replace that picture with your own. Keep the picture next to your goals and in the middle write the word **DISCIPLINE**. The word discipline will help reinforce the attitude needed to reach the goal. The picture will be a constant reminder of what you are also trying to accomplish.

If your goal is to loose weight, you must concentrate on your eating habits. Please don't confuse diet with eating habits. Diets are here today, gone tomorrow and may be a temporary fix for a deeply rooted problem. Good eating habits will last for a lifetime. Begin by evaluating what you are eating.

If you are like most people, your diet will consist mainly of the same kind of foods. Fried foods, fatty meats, and any item with high saturated fat content should be cut out of your diet. Baked fish, salmon, chicken, and steamed vegetables or brown rice are great substitutes for fried foods. Remember, moderation is the key and anything in excess is just that **EXCESS**.

If your goal is to tone, remember foods that are high in protein will help to build muscle. Fish, egg whites, and dried nuts (almonds and peanuts) and snacks without a lot of sugar are foods that are high in protein are great additions to your meal. Eat lots of fresh fruits and vegetables, lean meats, baked sweet potatoes with low fat butter. Try substituting low fat mayonnaise, and salad dressing.

Low fat products will have fat grams totaling 8 or less fat grams per 1 serving.

Regardless of what your goals may be, good eating habits and cardiovascular activity is a must. Summer is a perfect time to vary your workouts by performing cardiovascular activities outdoors. Rollerblading, jumping rope, jogging, swimming, water aerobics are great outdoor exercises. Each activity should be performed consistently at 30-45 minute intervals for beginners and intermediate to advance levels can increase workout to an 60-90 minutes.

Each aerobic activity can be inter-changed between power yoga, kick-boxing, stepmaster, stair mill, aerobics, power-walking and jogging. For beginners, start with power walking, jumping rope, and or jogging. Power walking is an aerobic activity only if you are walking briskly, while your arms are pumping. Your total aerobic activity should be 30 - 45 minutes. Begin power walking at a moderate speed.

Warm up for 5 minutes and then increase your speed for at least 10 minutes. When you are exhausted and can't continue at this speed, return to a moderate speed. With any aerobic activity begin with a proper warm-up between 5-10 minutes and try to increase your speed for as long as you possibly can. Then return to a moderate speed and end with a cool down, which should last for no more than 5 minutes.

FOR TONED LEGS you may use ankle straps and cables at your gym. The same exercise may also be done at home with a thera band. Select a moderate weight and begin with your OUTER THIGHS (ABDUCTOR)

1. Lie on you left side and left palm over- head in line with your shoulder. Your feet should be parallel and suck your tummy in.
2. Raise your right ankle to your side keeping the ankle in line with your left ankle.
- 3.Repeat this movement at a moderate speed. Make sure you exhale on the upward movement. Concentrate on holding your abs in with every movement.
4. Begin with 3-4 sets and hold each movement at the top. This exercise can also be performed for your inner thighs, quadriceps, and hamstrings. Alternate legs to work your left leg.

GREAT ABS

1. Begin on your back feet on the ground and clasp heads behind your head.
2. Make sure the elbows are parallel to the ground.
3. Imagine you have an apple under your chin and focus your eyes towards the ceiling.
- 4.Initiate the movement by contracting your abs to pull your shoulders off the ground.

5. Hold for 2 counts up. 6. Count each repetition. Talking out loud will force you to breathe. Beginners should try to do 15 correct reps. Intermediate to Advance should try 20-30 correct reps 5. Perform 3-4 sets.

LOWER ABS

1. Lie on your back with feet parallel in the air.
2. Place your hands palms facing down underneath your behind.
3. Begin contraction from the abs and slowly lift your bottom in the air. This is a very small movement because you are lifting one of the largest muscle in your body , 4 sets of 20-25 will be great for intermediate to advance. For beginners 3 sets of 10-15 reps will be excellent. Rest no longer than 30 seconds between each set.

To see lasting results, remember that good eating habits and a regular cardiovascular program will be the key to your success.

A handwritten signature in black ink that reads "Madison Chase". The signature is written in a cursive, flowing style. The word "Madison" is on the top line and "Chase" is on the bottom line, with a large loop under the 'C' in "Chase" that extends down and around.

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