



By: Karen Hammond

The Editor Gets Fit In 30 At Energy Fitness

I've always considered myself fit: I have exercised regularly for most of my life and, I generally eat a healthy and balanced diet. But after weeks of sitting around recovering from surgery I found I had broken my routine of going to work out at Energy Fitness. In addition, there may have been the odd week where I might have been feeling slightly sorry for myself and justified eating half a box of Ginger Snaps in one sitting! It was quite a shock to realize that summer was here and my clothes fit snugly. I couldn't hide under a big sweater or lose fitting top!

Like many people, nothing intimidates me more than having to stick to a diet and exercise program. I have a million excuses why schedules and diets don't fit well with my schedule. What I needed was a flexible plan and a "coach" to help me figure out what to do and how to plan my exercise. Someone to keep me motivated and help me design a formula for my success.

Right on cue I heard about a great new program that Energy

Fitness has started; Fit in 30! Debbie George, Director of Personal Training, took my starting weight and measured my body fat. (No, I am not revealing what that was!) She asked me about my usual workout routine and looked for areas where I needed to make changes or improvements to meet my goals. She talked with me about my diet and asked me to start writing down everything I ate...which was eye opening to say the least!

Getting started

As a participant of Fit in 30, I was to meet with my trainer, Debbie, every week. The program utilizes all the classes and the incredible expertise that Energy Fitness has to offer. Their very extensive class schedule includes everything from Zumba to Yoga! When you are enrolled in Fit in 30, your trainer will customize a program to fit your own personal goals. They help you choose which classes (over 70 offered weekly) can help you personally and a weekly group class is also offered for participants to meet each other, and work with a trainer on some different exercises and stretching. The program is open to both members and non-members



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After my initial assessment with Debbie I was given a simple menu plan and some great suggestions on lower calories snacks and meals. She helped me design a weekly schedule of exercises and classes which, together with my diet, would (hopefully) get me to my target weight and measurements in 30 days.

But I'm too busy...

I asked Debbie what was the most common excuse she hears about why it's so hard to stick to a diet and exercise plan? The number one excuse appears to be some version of, "I'm just so busy with my family and work. It's hard to fit in exercise when you've got ball games, church activities and family obligations." Debbie explained that the solution is to schedule exercise just like any other part of the day. It's no different from scheduling a dental appointment or going to church every week. Make the time you spend on exercise as important as everything else: Not something you can drop from your life.

But my kids don't like diet food

The second most common excuse Debbie told me that she hears is about food. 'My kids hate it when I'm dieting.' 'My family wants to eat regular food and it's too hard to fix salads and low fat foods just for me.' 'I'm too busy to cook every day.'

Debbie had some tough words to say when it comes to excuses. "Yes, people have busy lives," Debbie conceded. "But if you can schedule at least an hour of exercise a day, 3 - 4 times a week you can be certain that you will see a difference in your level of fitness and how you look. I don't care if you get to the gym every day! Ride a bike, walk, run, or exercise with your kids. You don't have to be a member at a gym to get a great workout in but it does make it easier. Dieting does not have to be difficult. One of the best things is to simply think about the food you put in your mouth - write everything down. Grill instead of frying, stop eating unhealthy snacks, stay away from sugary sodas and make sure you have low fat dressing handy for when you order a salad at the

fast food drive-through!"

Debbie gave me a challenge and I am passing it on to all my readers: "Look in the mirror and ask yourself, 'How badly do I want to lose this weight', she told me. "Remember that diet is 85% of reaching your goal. You literally are what you eat - if you eat fatty foods then you are probably going to get fat! If you clean up your eating you won't have to workout as hard. Remember, that you are in control."

What the Editor changed...

Writing down everything you eat is amazing! I had no idea how much fat was in my 'healthy' diet! Sure I exercised regularly, but I often did exactly the same routine and my body had become accustomed to it. I had to change things up! Reduce the fat and calories in my diet and add more fat burning exercises to my routine along with stretching. (Debbie pointed out that at my age I needed to maintain my flexibility in order to feel good.) By the end of week one I had lost 2 pounds. My clothes fit a little better especially in the waist and I had at least two people tell me I looked "great"! I had to change my schedule to fit in the exercise and classes I had committed to doing and sometimes it wasn't easy. But I found ways to exercise even if I couldn't make it to Energy Fitness. I gave up some of my 'sin foods', such as cookies and that glass of wine with dinner, but it wasn't killing me! In fact I felt good about the choices I was making.

So, who's coming to join me in getting 'Fit in 30'? I'll be at Energy Fitness for yoga next Tuesday evening and spinning on Saturday. Stay tuned for next month's issue when I'll tell you if I made it to my goal in 30 days.

For more information about Fit in 30 and the other great programs at Energy Fitness and Energy Fitness Midtown, contact Debbie George at (270) 554-7222. †

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