

A letter to you, from Lifestyle Fitness and Nutrition owner, Tracy K. Anderson:

Thank you for choosing to let Lifestyle Fitness and Nutrition work with you on your new healthier lifestyle. The purpose of this letter, other than to welcome you, is to emphasize the importance of viewing the changes we make together as a lifestyle change. Lifestyle changes need to be permanent changes, changes that last a life time.

I like to focus on four distinct areas of a healthy life, and those are *resistance training, aerobics, nutrition and rest*. Resistance training, or weight training, strengthens and tones the muscles. When you exercise with weights you are tearing the body down, which will stimulate your body to heal itself. It is the healing effect from weight training that makes it healthy, not the training itself. Weight training makes your muscles more efficient at burning calories and fat. The more muscle you have, the more calories you can burn. An increase in muscle will also increase your metabolic rate, which is the amount of calories you burn just for everyday functions.

Aerobics burn the stored, excess body fat and also increases your metabolic rate. Aerobics can be anything that increases your heart rate. Your heart rate has to be increased so it will increase the oxygen in your blood, which is needed to “oxidize”, or breakdown, fat cells so they can be used as energy. I will help you figure out how high, and in what range your heart rate needs to maintain. Aerobics also strengthen your heart, blood vessels and lungs. Aerobics is a very important part of a healthy lifestyle.

Nutrition is probably the most misunderstood, and misinterpreted part of trying to put together a healthy life. It’s really not your fault, there is too much information and misrepresented information coming at you. I will help *you* develop a sound, science based nutrition profile, from everyday foods, that you choose. The same diet doesn’t work on everyone, or even two seemingly similar people. Don’t get caught up in all the hype, there is NO magical pill, powder or simple diet. It must fit your body type and daily activities, not to mention the many other factors.

You need to get plenty of rest, this is when your body recovers from your workouts and your daily stress such as work and family. Don’t cut yourself short, stress adds up to quickly and can hamper reaching your healthier goals.

Realize it’s not that hard, but it’s not easy either. You need dedication and discipline and I will help you as much as possible.

“Weight training builds and tones the muscles, which are healed with the nutrients you eat. Aerobics burns your body fat, and your diet keeps it off.”

“If you don’t make time for yourself, no one else will either.”

“I will help you in everyway possible, but it must be you that makes the changes necessary to reach your goals.”