

# **Lifestyle Fitness and Nutrition LLC**

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### **Basic Principles!**

There are four general areas of a healthy lifestyle that need to be discussed. In this article I will give an overview, and the following articles will elaborate on each area specifically.

First lets look at all four together. Nutrition, resistance training, intense aerobics, and rest, all are very important to changing your life. All four interact with each other and together can speed up your goals or slow them down.

Nutrition, this is the biggest key, and is vitally important to your success. All the fad diets out there just don't work, if they did then there would be no weight problem. The simple fact is that the foods you eat are very important, but the timing and proportions in which you eat them are as equally important. If you listened to the RDA, you would get fat, or if you are already overweight, then you would not be able to loose fat. In the next article I will begin to tackle this widely misinformed issue and hopefully shed some light on your diet for you.

Resistance training, also a big one, because it is the muscle that burns calories and thus increases your metabolism and increases your ability to burn fat. Not only does resistance training help build muscle, but also strengthens your bones and increases input from your nervous system. The benefits of resistance training are so numerous that you would be a fool not to exercise.

Aerobics, this is where your fat stores will be used as energy. You will notice that in the beginning I said 'intense' aerobics, because if your heart rate is not elevated high enough, you risk burning muscle not fat.

The last piece of the puzzle is actually simple, but the fact is that most people don't let their body get enough of it-'rest'. Now, not just sleep, but mentally, and physically. In today's world of 'need it now' attitudes, people just don't slow down and relax. Daily on the news are reports of how over stressed and worked we are, but no one can change that but ourselves.

I hope that this introduction opened your eyes and helped you realize that a healthy lifestyle doesn't just mean you go to the gym two or three times a week. At Lifestyle Fitness and Nutrition we help people everyday change their life, for the healthier.

Realize that you have the ability to slow down the aging process and revitalize your body into new boundaries. Even if you have never been in shape, its not too late!

Until next time,  
Tracy Anderson