

Keeping fit

By Caroline Harris



My top 10 health and fitness tips:

1. Keep a training and nutrition journal to help keep you focused and on track. Write down what exercise you are doing, duration, intensity level and how you felt doing it. Write down what you are eating every day, what time and the portion size and as you reflect you will see how the timing of each meal affects the way you feel and perform. Over time you will find that there is a bond between nourishment and performance and this will encourage you to continue this habit. Everyone is different and requires a training program specific to their body. I feel a training journal is a valuable tool for you and your trainer to help track your progress and find areas to improve and ultimately to help you achieve your goal.

2. Drink lots of water daily. A minimum of eight glasses every day cleanses impurities and toxins from your body and helps improve your skin! The fluid in your body is responsible for the functioning of your internal organs including the metabolic process. So, if you are dehydrated, this entire process gets affected and your body tends to slow down, leaving you feeling tired and lethargic. When your body is properly hydrated nutrients are being delivered adequately, oxygen is being delivered efficiently by your red blood cells to your muscles, waste is removed and hormones are being properly distributed. Remember, fruits and vegetables are filled with water and are best eaten raw as cooking them at a high temperature causes them to lose moisture in the process. Drinks containing caffeine are diuretic and dehydrate your body, so limit your intake of pop and alcohol.

3. Quit smoking and do not inhale second-hand smoke. Tobacco addiction is the most preventable cause of serious disease in the world. Besides all the health risks you already know about relating to smoking, remember that smoking is a leading factor to stimulate the aging process in both men and women.

4. Get enough zzzzzzzzz's. Sleep well. A good 7-8 hours of uninterrupted sleep is a must for our body to reboot itself and feel energetic the next day. Lack of sleep affects our hormone levels and slows down metabolism often resulting in weight gain. Deep uninterrupted sleep helps cell growth and cell repair which can improve metabolism and help burn calories. When you sleep, your body is resting and recovering from the busy day. Sleep balances serotonin levels, relaxes your muscles and clears your mind!

5. Use an infrared sauna frequently. Toxins and pollutants are adding up daily in our body. Unlike the conventional sauna, the infrared sauna penetrates body tissues causing your body to sweat and remove toxins that have built up in our body due to environmental, medicinal, high intensity exercise or stress-related situations. Some benefits that result from a 30-minute infrared sauna session include: softer and clearer skin tone, reduced muscle and joint tenderness and soreness, faster healing of cuts, bruises and acne, weight loss, deeper sleep and reduced stress, speed cancer recovery. Studies show that consistent



Gerry Kentner, a client of Caroline Harris's, believes in the benefits of fresh fruit.

Photo by Ted Brown

use of an infrared sauna lowers blood pressure; helps reduce arthritis, bursitis and fibromyalgia.

6. One minute meditation. Find a quiet place to sit and close your eyes. Breathe deeply and focus on your breath by counting to three each time you inhale and three for each time you exhale. Continue this for at least one minute (or more if you have the time) if your mind wanders, notice what you are thinking about and then gently focus on your breath. Meditation reduces migraines, insomnia, anxiety, and irritable bowel syndrome, lowers blood pressure and stress hormones and improves circulation. Meditation has been used for centuries to increase self-awareness and well-being, find inner harmony, improve concentration and to help us deal with stress by training us to cope with life.

7. Set goals. A goal is a dream; it gives you something to aim for and to strive towards. Having a goal determines your needs and desires and keeps you focused on success. The more goals you reach in life the more goals you will set for yourself. Working towards a goal helps you grow as a person. We can measure our

success and learn more about you in the process. Setting a goal can motivate you to get out of your comfort zone and positively force you to act on those dreams you didn't realize you could achieve. Goals help you get places in life. Be sure to set goals in all areas of your life including specific goals involving your pursuit of health and wellness.

8. Exercise regularly. Exercise is the best natural "anti-aging" recipe because it helps you stay and feel young by raising energy levels, stabilizing body weight and enhancing flexibility helping to reduce wear and tear in your body. Just 15-20 minutes per day to sweat out your potbelly and zip up your favourite jeans. Strength training is necessary. Vary the weight and number of reps each time you work out to keep your muscles toned and challenged. If you can't fit a workout into your day be sure to take the stairs instead of the elevator, park in the farthest spot away from your destination.

9. Good nutrition. Eating plenty of fruits and vegetables every day is critical to good nutrition. Fruits and vegetables strengthen our immune system and contribute to optimum health. Unfortunately, most people don't eat nearly enough fruits and vegetables, especially not every day. Those we do eat tend to be overcooked, over-processed or too far removed from the field, and thus lacking much of the nutrition provided by fresh fruits and vegetables. Be sure to take a whole food nutritional supplement in addition to eating a variety of fruits and vegetables every day. Be sure you choose a capsule that contains nothing artificial, no sugar, starch preservatives, synthetic colorants or chemical stabilizers. We all agree we need more of the healthful whole food nutrition of fruits and vegetables in our diets, every day. It's the one thing everyone agrees we can do to improve our health and reduce our risk of degenerative diseases, such as heart disease, stroke and cancer.

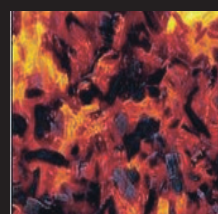
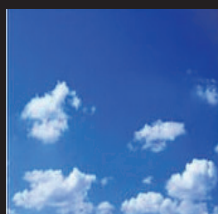
10. Work with a certified personal trainer who understands your needs. An experienced trainer can help you set realistic goals and determine the specific individual strategies necessary to achieve your goals. You can learn about using various forms of cardiovascular and strength training equipment properly and effectively. The one-on-one personal motivation will help you overcome your plateau. A trainer can teach you how to perform exercise with the correct form and techniques to target certain areas. The one-on-one attention will boost your confidence and self-esteem. A trainer can help you welcome exercise as a habit and adapt it into your everyday life to recognize and reap the long-term benefits of being active. Together you can develop an exercise program that is appropriate and flexible with lots of client options designed to suit your ability and future skill progressions.

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Caroline says meditation can relieve a number of ailments

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