

The number 11 possesses the qualities of intuition, patience, honesty, sensitivity, and spirituality, and is idealistic.

Others turn to people who are '11' for teaching and inspiration and are usually uplifted by the experience.

If you are looking for some simple ways to dramatically enhance your life, here are 11 solutions to help you live a better and healthier life. These are 11 common questions my clients have repeatedly asked me over the last 11 years and the answers:

1. Will strength training make me bulk up?

NO. Many women are unnecessarily concerned with this. Muscle size is affected mostly by genetics and hormonal production (testosterone) and, as a result, most women don't have the potential to build large muscles. When you lift weights that cause fatigue after 1-8 reps you have a better chance of stimulating changes in muscle size and fibre growth.

2. Should I get into shape before I begin a weight-lifting program?

NO. Everyone should be doing strength training exercise. Severely overweight folks should begin strength training before they step on a treadmill to strengthen their joints. Also, if you reduce your resting between strength training exercise you can induce a cardio-respiratory effect.

3. Why and when should I stretch when I never have before?

Stretching is an easy way to progressively increase the usable range of motion of a joint over time. Stretching is an essential component of your total training program. Stretch immediately after the main part of your workout and cool-down period because tissue temperatures are highest, making stretching both safer and much more productive. Remember to always stretch to the point of tension, not pain, and that can only be determined by you, not your personal trainer. Use common sense when stretching; Train don't strain!

4. Why should I see my doctor before I begin a personal training program?

Getting a physical medical exam is a priority before embarking on a new fitness program because it makes you aware of any problems that may be developing and allows us to plan together to prevent and treat them. So get as much information as you can by booking that thorough medical exam today.

5. How do you (Caroline) maintain a healthy lifestyle?

By
**Caroline
Harris**



I like to work with the seasons and change things up. I like variety to keep things interesting, but generally I strength train three times a week, do cardio three times a week, pole fitness one day a week, stretch and meditate every single day.

I also engage in several activities such as golf, tennis, hiking, canoeing, trail running and rock climbing. I have built a strong spiritual relationship with myself through exercise. Exercise is my lifeline in any kind of issue that arises. I also eat clean as best I can every 3-4 hours.

I have a Juice Plus shake every morning for breakfast to start my day in a healthy way. Lunch is usually grilled chicken on a big green leafy salad. I don't think of this as diet food— I actually enjoy eating this way.

6. What is Juice Plus?

You can watch a 10 minute video on it by clicking on www.carolinesharesjuiceplus.com. Part of getting the most out of life is having good fast nutrition. A lot of interesting people take Juice Plus including Ana Ivanovic, Bear Gryllis, Lisa Tamati, Jason Fowler and Dave O'Brien. They understand that life's opportunities are there to be embraced, and life's obstacles, to be overcome. They also know that the only way to be the best that you can be is to have the best possible nutrition inside you.

7. To lose belly fat should I focus on doing core exercises only?

NO. Spot reducing is not an effective way to reduce body fat in a particular region of the body. To lose belly fat your best option is to exercise large muscle groups that burn more calories and eventually you will notice a decrease in body fat in the regions you would like.

Our goals must be realistic and based on our individual capabilities. Doing 100 crunches will, however, improve muscular endurance of the abdominal region.

8. Is the only way to get really lean to starve?

NO. Very low calorie diets can actually cause you to gain weight. The less you eat, the slower your body's metabolism and the less your body burns. Very low calo-

rie diets actually slow down your metabolism because you lose muscle mass.

9. Why should I take Vitamin C?

Vitamin C is a powerful antioxidant, it plays an integral role in reducing damage to body tissue and muscle caused by physical activity; it is essential for active people. Iron absorption is also improved when iron is ingested at the same time as Vitamin C-rich foods, especially citrus fruits.

10. Why is sleep so important?

You will not feel right without enough sleep. Lack of sleep has dramatic effects on your physical capabilities and mental acuity and judgment. You owe it to yourself and those in your family to ensure that everyone gets a good night's sleep. If you have trouble sleeping I suggest deep relaxation. About an hour before bedtime, dim the lights, this triggers the release of melatonin in your body, which will help clear your mind. Sit or lay comfortably, with eyes closed, breathe slowly with controlled breaths and even try meditating before bed to help you relax.

11. Now that I have committed to an exercise program how do I deal with all the changes it is making in my life?

Everything in life that is worthwhile takes hard work and determination. Focus on your true needs for your newly-adopted health and wellness plan and dig deep within yourself to harness the energy to push you to a new level of personal development. It will disrupt your comfort zone, which will happen when you spend time on yourself. If you are fulfilled as an individual, you will be able to do more for others since your needs are met.

My advice is to share your journey with those around you and prepare them for what is going to happen. Your journey will not be easy but the rewards will be great. Once you have committed to making change and made the change, no matter how big or small, you need to keep momentum to ensure the change is permanent. It will help if you revisit your reasons for making the change and see the outcome. Make time to create the kind of life you desire, see the big picture and don't settle for the bare minimum. Dig deep to avoid a predictable life and enhance your personal growth, health and overall well-being.

—Caroline Harris is a medical exercise trainer, personal trainer, CPT nutrition & wellness specialist, run coach and Juice Plus distributor. She can be reached at www.pathwaytowellness.ca or www.carolinesharesjuiceplus.com or by calling 416-389-2273

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