



Fitness Facts

Getting In Shape For A Healthy Life

by *Jenny Hadfield*,
Certified Personal Trainer and
author of “*Marathoning for Mortals*”
(NAPSA)—Whether it’s walking,
running, tennis, cycling or
swimming, exercising outdoors
provides us with a fun, versatile
way to burn calories.

As a coach and personal trainer, I encourage my clients to reach the full potential of their workouts by being motivated and committed for the long term throughout the year. It takes more than jogging a few miles once a week or participating in the weekly company softball game.

Here are 10 tips to keep you focused on achieving your fitness goals for the rest of your life:

1. Fitness devices, such as heart rate monitors, calorie counters, body-fat analyzers and pedometers, are very important in monitoring progress and keeping people on the right track to meeting their goals.

2. If you are inactive, begin with frequent but shorter workouts (25 to 30 minutes, three to five days per week) and let your body adapt to the change in activity level. Gradually increase the time of each workout after completing 12 sessions.

3. If you are active three to five times per week, add one or two high-intensity workouts per week to boost metabolism, effort level and fitness.

4. Even if you’re not technically savvy, get a pedometer, which helps count each step you make and helps motivate you.

5. Know what kind of batteries your fitness devices take and have backup sets available, in case additional power is needed. For example, Energizer offers minia-



Jenny Hadfield, right, has helped thousands of athletes, from first-timers to seasoned runners, keep going to reach their fitness goals.

ture, coin-cell batteries in popular sizes identified by number, such as 357, 2025 and 2032.

6. Drop those pounds efficiently by keeping a fuel log. There are free online resources that make it easy to keep track of your meals, calories and exercise.

7. Think of exercising as group therapy. Before you know it, the workout is done, you’ve enjoyed it and had quality time with your friends.

8. Avoid doing the same exercise or machine over and over again. Your body will become efficient at that exercise and won’t burn as many calories as when you first started.

9. Incorporate strengthening exercises into your regimen two to three times per week. Increasing lean muscle tissue will boost resting metabolism, help decrease

inches from your body and provide a strong base to prevent injuries.

10. Be patient. Getting active takes time. It takes 21 days to create a new habit. Exercising regularly can become a habit over time. Make it a priority in your life and you’ll find three to four weeks later you will wonder how you managed without it.

Trying to get into shape may be hard work. According to a recent Energizer® Keep Going® fitness survey of personal trainers, after the first two months of the year, almost 85 percent of those who began their fitness training have stopped. However, working on a healthy lifestyle can help you get into a routine for years to come.

For more information on fitness tips, devices and the batteries that power them, visit www.jennyhadfield.com or www.energizer.com.