



Fitness Facts

Maintaining Fitness Goals Whatever The Season

by Ali Vincent

(NAPSA)—While staying fit should be a yearlong commitment, some seasons come with more than their fair share of challenges.

Fortunately, surviving the holiday season—with the treats, family gatherings, parties and hearty meals that come with it—and the winter months that follow doesn't necessarily mean jeopardizing any hard-won fitness gains.



Ali Vincent

After I won the reality competition "The Biggest Loser," I was determined to keep the weight off and improve my physical fitness. I know how the power of physical fitness can change a person's life.

Here are a few of my tips on maintaining your fitness goals throughout a busy holiday schedule:

- Park your car farther away from your destination (at the mall, work, the store, etc.) so that you're walking more—and burning more calories—every day.

- Always take the stairs instead of the elevator.

- Keep a gym bag in the car and steal a few minutes whenever you can and wherever you are. This can be easier if you belong to a gym that is convenient and offers extended hours and multiple locations, such as 24 Hour Fitness®.

Shake Things Up

If you already have a regular fitness routine, try adding some intensity or variety to stimulate new muscle groups and burn more calories and fat. For example:

- Try a group exercise class such as Everlast Shadow Boxing, 24Lift resistance and strength training, and 24Pilates Fusion for mind and body.

- Vary the duration and/or level of your cardio workouts.

- Sign up for several sessions with a certified personal trainer who can create a custom workout plan so you can achieve your goals or share the cost by training with a friend or two.

Take Advantage Of Resources

To stay accountable during times of stress or extra temptation, my favorite high-tech tool is the bodybugg® system, which helps me track activities and calories—check it out at 24hourfitness.com/training/bodybugg. Other resources include:

- A workout journal, which can serve as a motivational tool to see what you have already accomplished.

- A heart-rate monitor to help you monitor workout intensity.

- A pedometer for tracking your steps and motivating you to walk or run farther each day.

New Year's Day can be a good time to start a fitness routine but it's not the only day. It can be hard to take that first step, but it's an important one. Start by doing a few simple things to get moving, whether it's joining a fitness club or just going for a walk outside.

And if you lapse a little, don't be hard on yourself; just get back to your routine. It's never too late to start—or restart—a fitness routine that will improve the quality of your life.

For more inspiration, visit 24HourFitness.com/ali.