


staying CENTERED



What can you do today, next week and next month to remain on track, or get back on track, and encourage others to do the same? We at OH have some ideas. In this issue, we invited OH fitness expert Jeremy Gentles, a Certified Strength and Conditioning Specialist, to provide weekly challenges that will help you stay centered. Staying centered—balanced—will help you keep on the road to a lifetime of health. In this issue, the goals are progressive. Try this eight-week plan to get yourself moving. **It's your journey, train for it.**

The following goals are intended to be cumulative.

week 1

Setting the proper fitness goals can mean the difference between another failed attempt and long-term success. Health should remain your primary goal. Significant positive changes in health can result from incremental additions of physical activity. Walk five minutes twice a day during convenient times; possibly first thing in the morning and on a lunch break at work.

week 2

Exercise prompts can be extremely powerful tools for increasing levels of physical activity. Try setting the reminder on your cell phone or the calendar on your email management software to remind you each day to perform two sets of ten each of crunches or sit-ups, bodyweight squats and push-ups (from knees if needed).

week 3

Each time you are watching TV or relaxing in the evening, take the time to perform some simple flexibility exercises.

week 4

Find a friend, family member or co-worker to join you in a fun and enjoyable activity on a once-a-week or bi-weekly basis. This activity could be anything from throwing a Frisbee to horseback riding. Use this person as a prompt as well, keeping you committed and more regular. A dog often makes a willing and able companion as well!

week 5

Now that you are becoming more active, building in rewards for successful completion of this activity can be helpful. Visit a professional masseuse, or make a deal with your husband or wife, and get a 30-60 minute massage each week if you have met your weekly goals. There are many ways you can reward yourself, but stay away from foods as an incentive.

week 6

Increase your walk time to 20 minutes a day. This can be done by breaking the time into five or ten minute increments throughout the day. Additionally, carry small hand weights with you as you walk. Don't forget those cell phone reminders!

week 7

Begin packing a change of clothes that you leave in your car when you are at work. This will make it more convenient to stop by the local health club or park on your way home from work. When packing, be sure to include a small healthy snack and bottle of water.

week 8

Sign up for a charitable event which requires your physical participation: maybe a breast cancer awareness or arthritis walk. Try to be involved in two events a year, bringing your family and friends.

Don't miss www.ObesityHelp.com/goals/ where you can join other readers in these goals and share your own customized goals! Also, be sure to visit the OH fitness forums at www.obesityhelp.com/forums/fitness/