



"Exercise Essentials" September 2009

When you are frustrated with your unhealthy lifestyle, getting yourself on track can seem like making a tiger appear out of thin air. Infomercials may promote a magical pill, item, or gadget, but there is no substitute for hard work and little-by-little portion control.

So, grab a chair and let us help you improve your well-being. No wand needed.

Buying in bulk or just becoming bulky?

Warehouse stores are great places for buying quantity & quality items. Throwing a garden party for 25 of your closest friends and need balloons, chairs, and a lawnmower? Get it all in one trip. Whether it's 100 ball point pens, 24 socks, or 2,000 paper plates, they have just what you need at unbelievable prices.

Where they really seems to excel though is in food. Their fruit & vegetables are fresh and tasty. One warehouse store sells hundreds of their yummy roasted chickens each day! Fresh seafood atop mounds of crushed ice beckons you to plan a clambake. Come to a warehouse store with an empty SUV and fill it up in less than half an hour with scores of healthy delights. If you have a large family or an important event to plan, you'll save money while keeping your diet in check.

But sadly, this is not how most people shop for food at these mega stores. Look in most carts and you'll probably see: gallons of mayonnaise, pounds of pasta, huge bowls of chicken salad, and every kind of meat you can imagine pre-cooked and vacuum sealed for the consumer's convenience. Saturated fat, salt, sugar, high fructose corn syrup, and unpronounceable additives are their on the nutritional label if you'd just bother to look. But at such a good price for everything, who bothers to look? And now that you've opened the package that contains 24 pudding cups or 50 bags of potato chips, it'd be a shame not to eat

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For only \$1 you get 500 calories!

OCD anyone?

Flabby 2 Fabulous

For only \$1 you get 500 calories!

Do you know how many calories are in that McDonald's hamburger you're eating? If you don't just look at the packaging. Many fast food restaurants are now putting nutrition facts clearly in view of the consumer either in a handout, poster, or right on the item. Not so with those mega stores where the food is cheap and large. These places guard their nutritional information like the Hope diamond so we can't give you exact figures, but we've got ballpark numbers.

them all, right?

In these times where money is tight, it is tempting to grab the most and pay the least, but we can still be smart about our purchases. Here are a few things to remember when you head to a warehouse store:

Plan healthy meals for the week at home and then make a list of needed ingredients.

Take the list with you to the store and get only those items. No impulse buys!

Just say "No" to the samples. Even a bite can tempt you into putting that item in your cart.

Eat before you shop. If you plan on eating at the warehouse store's food court, then plan your calories ahead of time using our guide.

Don't buy more than you need, just because it's cheaper. Throwing away food is wasteful. Shop with a buddy and split up larger quantities of fruit and vegetables if the price is right.

Just a reminder, **"No Sweat" Fitness** will be closed September 7th through September 18th. We resume personal training on September 21st. We resume aerobic classes on September 23rd.

Read & weep:

Hot Dog: 550 calories
Caesar Salad: 670 cal.

Cheese Pizza: 700 calories (1/6 of pizza)

Pepperoni Pizza: 718 calories (1/6 of pizza)

Yogurt: 390 calories

Turkey wrap: 810 calories

Churro: 410 calories

OCD Anyone?

My new favorite website is linked below and I am sure you will love it.

Stilltasty.com is a database of thousands of food items and their shelf life. Check it out & clean that fridge!

[Still tasty website](#)

Flabby 2 Fabulous

According to the infomercials instant fitness results take 4-6 weeks plus shipping & handling. We know we shouldn't believe the hype, but it's just soooo tempting and this couch is soooo comfortable. "10 minute ab.s" and "5 minute buns of steel" make mighty compelling arguments; especially when your husband loses weight just by thinking about it and you've lost and gained the same 8 pounds seventeen times!

The reality is it takes time & dedication to go from deconditioned to fit and the definition of "fit" is different for every body. If you can't walk a mile in January, but are able to in March after weeks of training, that's great for you! For Lance Armstrong, fit is being able to take first place at the Tour de France.

Begin a stretching routine 2 days a weeks and after about a month you'll see improvement in flexibility.

For cardio-vascular fitness you should see improved lung capacity in about 10 weeks (if you work out 30 min/day 4 days a week).

Strength training provides the most visible results and if you work with a personal trainer 2 days a week you will see body changes at about 6 weeks.

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