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Fitness Lady



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Get Fit—Stay Fit

Bossier City, LA

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"Focus on Better Holiday Choices!"

Fall's changing colors are a great reminder that now's the time to turn over a new leaf. As the holidays begin to gear up, Fitness Lady can be your haven for fresh workouts, reduced stress, and bursts of energy just when you need it most. In addition to putting excitement into your exercise program with our Maintain Don't Gain (MDG) Challenge, we will give you tips to reduce your stressful choices during holiday eating or eating out with friends and family.

Eating out is fun and relaxing, but you can make it healthier. Use these tried and true suggestions the next time you lock up the kitchen and head out to eat. Never go out while hungry. You'll find yourself nibbling on everything that comes your way.

Choose foods that are grilled, baked, steamed or broiled to provide healthy, flavorful alternatives. Ask how an entrée is prepared to ensure that your selection is not swimming in butter or other fattening sauce. For pasta selections, choose a marinara sauce instead of a white cream sauce. Order a healthy appetizer, salad, or small-sized entrée for your meal. Select white chicken or turkey meat rather than dark meat, and have the skin removed. Avoid the "all you can eat" and buffet-style restaurants. Split a meal with a friend. Get a doggie bag before the meal and

put in a portion of the food when it is first served.

Eat slowly! Put your fork down between bites. It takes the stomach about 20 minutes to realize that it is full. Order your salad or potato with the dressing, butter, sour cream, gravy and other extras on the side. Select fresh fruit, sorbet or frozen yogurt for dessert. Watch the alcohol... it is loaded with calories and can lower your defenses against food, causing you to eat more. Beware of the breadbasket. It comes early and can be refilled several times. Ask that it be brought with the meal and limit yourself to one serving. Water is your best beverage choice. Order diet pop, tea, and coffee with artificial sweetener. Go light on the sugar and cream.

Don't be afraid to special order menu items. The key is to plan what to order in advance and stick to it. Decide on your priorities before going to the restaurant and avoid looking at the entire menu. Check your smart phone for restaurants that have better choices and nutrition information. Choose where to go and what to order in advance and close the issue. Then, simply do the best you can with some smart choices. If you came for the burritos, then avoid the beans and rice. If you are there for the cheesecake, order a light meal or salad, with dressing on the side.

With a few simple strategies, dining out does not have to totally destroy your dieting efforts.

Remember ladies, we are making changes to a healthier life that will allow us to enjoy the people and places that bring us the greatest joy and pleasure. Commit to Get Fit, and realize that it is for the rest of your life, let us take your hand and show you the way. Let's have fun together, share successes, and fill the room with energy wherever we go. The best is yet to come!

Happy Anniversary to Fitness Lady serving the women of Northwest Louisiana since 1991. Join us this month for more ways to Get Fit and Stay Fit. Ask a friend to join you as our guest for FREE evening classes during November. Upcoming events are:

- NOV. 12th: Diabetes Awareness Seminar**
- NOV. 17th: National Smoke-out Day**
- NOV. 19th: Self-Defense Seminar**

Kedgy Larson
Owner/Director
ACSM/HFS, CIAR/PFS



The Trainer's Corner: Brianna Larson, B.S., ACSM/CHFS— Health/Fitness Specialist

Brianna is a Certified Exercise Specialist, fitness blogger, competitive athlete, and holds a degree in Health and Exercise Science. During the past 6 years, she has helped hundreds of women transform their bodies and reclaim their health and total well-being. Since 2009, Brianna has expanded her impact by bringing her real-world experience, enthusiasm and passion online. www.flexiblebilliegoat.com

Robert Frost put it so eloquently in his poem when he said two roads diverged in the woods and he chose to take the road less traveled.

Think about it, when have you been presented two options and chose the hardest one? The one that not many people take, the road that you know will have obstacles.

You must remember that health is just like those roads, whether it is weight loss, eating healthier, gaining better health or decreasing pain, you have a never ending dynamic journey ahead of you. There is no end point. Success

is determined by your perseverance despite obstacles. Whether it is sickness, losing your job, changing your schedule or a busy lifestyle; you made the decision to walk through the doors of Fitness Lady. No one forced you to start this dynamic health journey. If you truly want what YOU want, then your priorities will reflect that. Despite obstacles, which will arise and provide minor set-backs, you will maintain your dynamic health journey along the road less traveled to your personal success.

MDG (Maintain Don't Gain)

Do you need motivation? Are you ready for a program to hold you accountable? Maintain Don't Gain is back by popular demand! Sign-up for this FREE program and you will ease into 2012 not carrying extra weight from the holidays.

- Weekly Weigh-ins and Measurements
- Weekly Health Challenges
- Inside Trainer Tips for Success
- Calorie Blasting Workouts

What do you have to lose? Except the weight! Sign-up now at the front desk.

Maintain Don't Gain program

begins

Monday, November 7, 2011