

Get Fit and Healthy in 2011!

As the festive season has come to an end it is time to implement those New Year's Resolutions. Getting fit and healthy is one of the top priorities on most people's resolution lists. Here are some tips that will help you to create a healthy 2011.

Set Goals & Plan Ahead:

Write down short-term and long-term goals four times a year; two personal, two business and two health goals. Your goals should be SMART; Specific, Measurable, Achievable, Realistic and Trackable. Write down your goals and put it up where you can see it every day.

Eat Smart:

Eat more fruits, vegetables and legumes.

Trying to change your diet completely and detoxing following the festive season is unrealistic and only lasts a couple of weeks. Instead, gradually decrease on alcohol intake, have two serves of fruit and five serves of vegetables daily and drink plenty of water (2L+). Enjoy beautiful summer fruits and vegetables!



Increase Incidental Exercise:

We all know how to increase physical activities during the day. So why don't we stop putting it off and start now. Use stairs instead of lifts, park your car further away from shopping centres or train stations and walk in the CBD instead of using the bus.

Enjoy Exercises & Have Fun:

It can be hard to get motivated and drag yourself to the gym. Mix up exercises that you like on different days so that it is more enjoyable and interesting. For example, swimming on Monday, Pilates on Tuesday, walking on Wednesday, weight training on Thursday, rest on Friday. Instead of going out for coffee and cake, invite a friend for a walk creating a healthy way of socialising.



BodySmart runs a range of 8 week Pilates courses. Pilates is a gentle whole body workout and involves in core strengthening and stretches. It increases internal stability and will help you to increase your output in any sport that you participate in and helps to prevent injuries. For further information, please contact reception@bodysmart.com.au or call the clinic on 9481 8708.