

Helpful tips on motivation, diet and training

Motivation

If you find yourself looking for that killer exercise or diet “secret” that will unlock the mystery of having a perfect body, then you might be in danger of shifting focus away from what actually delivers results. They come a day at a time, as long as you choose to train hard and support your training with good diet choices that bring you closer to your goals. You have everything in you in order to succeed in your fitness goals, just as in every area of your life. Each time we reach within for the strength to pound out a last repetition, that power, strength and confidence inside us becomes much easier to access when we need it. Most people find it easier to say yes even when it means compromising goals or beliefs, rather than saying no and coming up against possible confrontations. We need to get better at saying no and feeling comfortable with it. Often the hardest person to

say no to is that voice inside your head that tells you to quit, give up or eat foods that don’t support your training. Ultimately it’s about each of us deciding what is important and what we want for ourselves. Saying no to things that don’t support our life goals takes courage and discipline, but it also opens up the door to saying yes to positive experiences that actually support the direction that we want to go in our lives!

Diet Snacking

It is better to incorporate snacks that are not more than 200 calories per serving. A good rule of thumb is to have a snack that’s only about 10 per cent of your total daily caloric intake. If you eat a bigger snack, consider cutting calories from the meal before and after that snack!

Good snacks are fruits and vegetables. To bridge the gap between meals, eat fibrous and protein-rich

foods to stay satiated like low-fat yogurt, string cheese, or a small handful of nuts; non-starchy vegetables; fresh fruits; whole-grain crackers; and non-calorie beverages such as water, coffee and tea.

Functional snacks are healthy when there is a significant amount of time between meals and they may help with weight loss. Snacking for any other reason may hinder your weight loss goals.

Whether you’re struggling with holiday angst or excessive holiday cheer, try going for a walk, a bike ride, swim or any other type of physical activity that will lift your spirits.

Being physically active before or after a meal will not only help burn calories, but is also a great way to deal with holiday stress.

How to cheat on a diet

Just saying no to all your favourite not-so-healthy foods is sometimes frustrating. Sometimes cheating a little can lead to better weight loss success.

A healthy diet requires planning how you will indulge from time to time. If you strategise accordingly, you may turn eating your favourite foods into guiltless pleasure-filled experiences that will help you lose weight.

Indulge and buy only what you love. Control your portions.

Don’t open the door for breaking your healthy lifestyle to every treat under the sun. You have your favourites, so choose which foods are worth breaking your diet for. Try not to store “temptations” in your fridge or kitchen; if you have a craving, buy the smallest piece and eat it right away to get over with. Sharing is a good option in cutting calories as well.

Make it yourself

Preparing a hearty treat in the comfort of your kitchen can be a good thing. Not only can you modify some ingredients to make it healthier, but you’ll have a fresh batch just when you need it. Choose to make a dish for a dinner party, or for co-workers. This will keep

your portions under control and add a built-in confidence booster. As other people enjoy one of your favourites, they’ll compliment you on your cooking skills.

Water it down

I’ve learned that having some drinks full strength costs too many calories or sometimes they’re too sweet too. To enjoy the flavour of orange juice or any other juice, add water and you’ll save yourself some carbs and calories come mealtime. For example I buy 2 per cent milk and depending on how I feel that day I decide to dilute it or not. Usually it is cheaper too than the 1 per cent or skim milk which I don’t love having every day.

Training Tips Cable Pulley

If you are new to weight training or if you are working out alone, cable pulleys provide a good workout and a very controlled motion. Cable machines are a viable option

for serious weight training, but they are essential for novice, senior, recreational athletes and injury rehabilitation.

The cable pulley is easy to use, and provides you proper technique and form. You can isolate one muscle at a time for an intense workout too. The cable pulley allows a fluid movement with proper form through the full range of motion. You will spend less time setting up, changing and putting weights away. Injuring yourself is less likely, especially that you won’t be able to add as much weight as when using free weights.

Using the pulley and the stability ball at the same time adds more challenge and more muscle recruitment. Stephanie Miller, my client, was happy to demonstrate some of her favorite exercises.

The best routine will use both cable pulleys and free weights for each muscle group. They both have their strengths and weaknesses, so integrating the two will give you the best of both worlds.



Cable Cross Over Back Pull

Stand in the middle of a high cable pulley and grab the handles across; lower them in on an arc overhead until the hands descend at shoulder level.



Single Arm Lat Pull Down

Sit on a Lat Pull Down Machine and use a single arm handle instead of the bar that is more commonly used.



Cable Chest Fly on Stability Ball

Lay your upper back, shoulders and neck on a Stability Ball in the middle of a low cable pulley and perform a fly (arch your arms over your chest).



Hip Lifts on Stability Ball

Lay on your back with your heels or calves (easier) on a Stability Ball and lift your hips while bending your knees.



Cable Crunches on Stability Ball

Place your upper back, shoulders and neck on a Stability Ball in front of the low cable pulley. Grab the handles next to your temples and crunch in a full range of motion.