

TIPS ON EXERCISE & NUTRITION

Did you know that it takes 4 to 6 months after you start to exercise to see most identifiable changes in the body. It then takes another 9 to 18 months for the body to start burning fat the most efficient. This is due to the body ability to stimulate enzyme activity, hormone response, thermal effect of activity, thermic effect of eating and increase in lean body mass.

Did you know that stretching relaxes your mind and tunes up your body? Can you name the benefits that come from stretching? Let's look at what regular stretching will do for the exerciser:

reduce muscle tension and make the body feel more relaxed, helps coordination by allowing for freer and easier movement, increases range of motion, prevents injuries such as muscle strains, makes strenuous activities easier because it prepares you for the activity by signaling to the muscle they are about to be used, develops body awareness, promotes circulation, prepares the mind so the body can move freely.

Did you know it takes 3,500 calories to make one pound. If you want to lose 1lb per week you need to reduce your calorie intake by 250calories and increase you calorie expenditure by 250 calories per day. Remember all other variables must stay the same.

- Did you know you can substitute: one cup of evaporated skim milk for 1 cup cream
- 1/4 cup applesauce (or prune puree) + 1/4 cup butter/margarine/oil for 1/2 cup butter/margarine
- 1 cup nonfat or lowfat plain yogurt (if used in sauce, add 1Tbsp. for 1 cup sour cream
1/2 cup mini chocolate chips for 1 cup chocolate chips