

# INNER STRENGTH

Fit Words for Everyday People

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**Mind Matters... How too much enthusiasm and inspiration can lead to fitness drudgery.** Sadly, many people who start a new fitness plan in January who were once so full of enthusiasm and hope fail to go the distance to reach their fitness goals. By March, those New Year's resolutions are a distant memory and the goal to make 2009 the year to get fit have been put on the shelf again for next January. And so the cycle continues... Health fitness should be a long-term lifestyle change. Your body and mind will love you for it. Remember; love what you do so find a way to make it something you enjoy. Take a walk. Listen to music. Buddy up with that extra person who will hold you accountable. It's your love for health fitness that will inevitably give you the greatest results, not slavery to it. What do you think?

**Hi 5 Fitness News:** We're **FLYIN' HIGH AT HI 5!** There were balls, hula hoops, cones, parachutes, obstacle courses, & HOP balls everywhere in February at Hi 5! Did you hear the giggles & see the smiles of **over 40 children who joined Hi 5 by the end of our first month?** I did, & we're hoping you'll stop by with your favorite child and visit us soon! Hi 5 was featured in the News and Observer on 2/24. You can read all about our visit with Joe Miller from the N&O here: <http://www.newsobserver.com/105/story/1416625.html>. Visit our website at [www.Hi5Fitness.com](http://www.Hi5Fitness.com) to learn how your child can join our fun & learn 'just 2b fit' too!



## The **Skinny** Of the Month

### How To Reignite Your Fitness Resolutions!

5 Tips to Keeping Your Fitness Resolutions Alive!

- ★ **Write it down:** Failure to plan is planning to fail. It may sound cliché, but you are 10 times more likely to be successful if you make a plan and write it down.
- ★ **Rewards:** Skip the ice cream and candy. Instead of sabotaging your efforts with these old, self-defeating behaviors, try rewarding yourself with a manicure, a movie or the hardback edition of that book you've been dying to read.
- ★ **Prioritize Fitness:** Who has time for exercise when you're also juggling career and family responsibilities? You do! If you plan to get fit, you must make fitness a priority. Make a workout date with yourself. Remember, the best thing you have going for you is . . . you!
- ★ **Be Prepared:** Preparation is 90 percent of your success. Get your workout gear and sneakers packed in a gym bag by the door and ready to go. Plan and prepare meals in advance, too.
- ★ **Set Realistic Goals and Be Flexible:** Expect that your plan can and will change. Life has a funny way of throwing unexpected things at us, and flexibility is required to complete most important things (and yes, this is important!). Sometimes the goal itself will even change. Most of all, recognize partial successes at every step along the way. Just as a resolution is not accomplished the day it is stated, neither is it accomplished the day you reach your goal. Rather, it's accomplished in many small increments along the way. Acknowledge these incremental successes as they come.

### No More Excuses!

**"I Can't Help That I'm Overweight!"**

You can have a genetic predisposition to being overweight or underweight. When there is an excess of calories some people store more fat than others, & when there is a deficit of calories some people burn more fat than others. Genetics can also affect the distribution of fat on your body. However, whatever your genetic predisposition, you can still make a difference. It is the quality and quantity of the foods you eat, & how you exercise, that play the greatest role in determining your appearance, weight, and risk of weight-related diseases.

Here's a quick recipe given to us by Timothy, one of our

Hi 5 Kids! Thanks Timothy!

#### Omelets In A Bag

2 eggs  
2 slices ham, chopped  
1 Tbsp. chopped onion, mushrooms, tomato, bell pepper, salsa (add or omit whatever tastes good to you!)  
½ c. shredded cheese

Crack eggs & place into Ziploc bag. Shake to combine eggs. Add rest of ingredients and shake again. Let extra air out of bag and reseal. Bring large pot of water to a boil. Place egg bags into boiling pot. Cook exactly 13 minutes. Open the bag and let the omelet roll out. YUMMY!

*As a person who once weighed 300 pounds and has lost 'half my size,' making healthy choices has become part of my life. If you are looking for an extra person on your team to help you improve your life and meet fitness goals designed for you, I'd love to talk with you. Visit [www.SusanCaldwell.com](http://www.SusanCaldwell.com) for more information.*