

INNER STRENGTH

Fit Words for Everyday People

By: Susan Caldwell, ACE Certified Personal Trainer & Founder of Hi 5 Fitness

www.SusanCaldwell.com

www.Hi5Fitness.com

susancaldwell@nc.rr.com

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Hi 5 Fitness
10930 Raven Ridge Rd
Suite 105
Raleigh, NC 27614
(919) 900-7569



Nutrition is Vital to Staying in Shape. Nutrition needs to be a very important part of your life if you want to maintain good fitness levels and be in great shape the rest of your life. Eating right shouldn't be some type of "fad" you wish to partake in for a few weeks just to lose a few pounds. Weight loss and healthy eating should be a lifestyle change, not just something you do when you notice you've gained an extra few pounds. This month's *Inner Strength* focuses on a few simple strategies to help you on your path to wellness and healthy eating. Be sure to visit my [website](#) for a few healthy recipe ideas too. See you soon! Susan



Hi 5 Fitness News: We're **FLYIN' HIGH AT HI 5!** Special kids cooking event is scheduled for May 17th in partnership with [Lil' Chef Raleigh](#). Click [here](#) to register online! There were balls, hula hoops, cones, parachutes, obstacle courses, & HOP balls everywhere in April at Hi 5! Did you hear the giggles & see the smiles of **over 57 children who have joined us at Hi 5?** We're hoping you'll stop by with your favorite child and visit us soon!



The **Skinny** Of the Month

Tips for a Healthy Diet

Below are a few tips about making smart and healthy food choices that will improve your health and help you to avoid foods that raise your risk for illnesses.

1. **Eat enough calories, but not too many!** Maintain a balance between your calorie intake and calorie expenditure—that is, don't eat more food than your body uses.
2. **Eat a wide variety of foods:** Healthy eating is an opportunity to expand your range of choices by trying foods—especially vegetables, whole grains, or fruits—that you don't normally eat.
3. **Drink More Water:** Our bodies are about 75% water. It is a vital part of a healthy diet.
4. **Limit sugary foods, salt, and refined-grain products:** Sugar is added to many foods. In a year, just one daily 12-ounce can of soda (160 calories) can increase your weight by 16 pounds.
5. **One Step At A Time:** Establishing new food habits is much easier if you focus on and take action on one food group or food fact at a time
6. **Get Moving:** A healthy diet improves your energy and feelings of well-being while reducing your risk of many diseases. Adding regular physical activity and exercise will make any healthy eating plan work even better.



No More Excuses!

"Eating Healthy Costs Too Much. Fast food is much less expensive."

Growing up at my house, eating fast food was a treat. Now it has become the norm in today's world. Eating lots of fast food leads to a huge intake of calories, fat and cholesterol. All of these lead to weight gain, which inevitably could have a much more tremendous cost... your life. Try stocking up on fresh fruits and vegetables that can be used for many different meals on various nights. Set the right example for others in your family. Your body will thank you later!

14 foods that burn more calories than they contain!

Oranges, Strawberries, Tangerines, Grapefruit, Carrots, Apricots, Lettuce, Tomatoes, Cucumbers, Watermelon, Cauliflower, Apples, Hot Chili Peppers, Zucchini



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 for more information.