

INNER STRENGTH

Fit Words for Everyday People

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Let's Get Started!

Hi everyone! Welcome to the first of many Inner Strength helpful hints. My goal each month is to provide people just like you with a little inspiration, nutrition and fitness tips, and a recipe or two to help keep you and your health on the right track. I love to hear ideas, suggestions, stories, recipes and anything else you would like to share, so please drop me an email to susancaldwell@nc.rr.com anytime. See you soon! Susan

The **Skinny** Of the Month



This month, we're focusing on a few simple skinny rules to get (and keep) you looking good this summer!

- ☛ Buddy up! Include a friend in your weight loss program for accountability and motivation!
- ☛ Eat less, move more... but don't skip meals! Exercise is essential to any weight loss program.
- ☛ Drink green tea... it will increase your metabolism.
- ☛ Stay hydrated. This will also increase your metabolism which can lead to weight loss.
- ☛ Chew gum! This will usually fulfill the need to eat when you're not really hungry without packing the extra calories.
- ☛ Don't cut too many calories! If you consume less than 1,200 calories/day, you will have two new problems: decreased metabolism and muscle mass.
- ☛ Sleep more. Your body needs rest to recover for new activities the following day.

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.

No More Excuses!

"There just isn't enough time to exercise."

Few life changing events are ever easy or without some type of commitment, and committing yourself to a healthier and happier you is definitely a life changing event. As a mother of two small children, I understand the "lack of time" excuse. However, if leading a new and improved life where you feel fit and healthy is important to you, no matter what it takes, you must find a way to incorporate exercise into your day. The more you exercise, the greater you will find your strength and energy to be. Before you know it, if you have to miss your workout for some reason, you will miss it! Fitness centers that provide you with access to short, half hour classes are a wonderful option for those who do not have lots of time. These fitness facilities can offer you classes that are filled with variety and work various muscles. Once you have created a schedule and found time to fit a workout into your life, do not to give up your new routine. Do not allow other errands or people to interfere with your workout. Otherwise you may not be able to make up the time later. It is worth the time!

Coming in August...

20 Minute Healthy Family Recipes
The Skinny on Getting Your Kids Moving!
Getting Ready for Fall Fitness
... And much more!