

BLUE CHIP FIT 1ST QUARTER NEWSLETTER

FIND BALANCE AND WORK HARD – 3 TIPS

Hello and thank you for choosing Blue Chip Fit to assist you in your pursuit of health and fitness.

As the middle of February approaches, some of you might be looking at your New Year fitness resolutions and wondering what happened to the habits you started. Some of you are tweaking the original goals to make them more realistic while others are just getting to 2008 fitness resolutions now. Whatever the case, if you are motivated but need some guidance, you can still get great results when working with a personal trainer, even for a short time.

Here are three key points to consider in your fitness planning for the rest of the year:

1) BE CONSISTENT AND ENJOY YOURSELF

One of the great benefits of exercise is that you simply feel better physically, mentally and emotionally. So, enjoy this time, exercise should be fun! As your comfort level increases, so will your level of intensity. Then, you can create a program and routine that is unique to you and your goals. There are several exercises that most people can benefit from but it is more fun and interesting to find unique movements that focus on muscle groups that appeal to you. This way, if you have a muscle group or body area that you think needs extra work, you can allow for special attention. This approach is an example of one way that your body is tricked into working harder while you're still having a good time, seeing results and reaping all the benefits of your hard work!

2) GETTING FIT DOES NOT TAKE A LONG TIME

Big improvements start with taking small steps. A limited amount of time is all that you need to get started. A perfectly good plan is to train by your self or with friends in a class. Eventually, if you have more time for exercise and you work at appropriate intensity levels, the benefits will also increase and with compound interest!

3) EXERCISE AND FITNESS IS FOR EVERYONE

Whether you hire a personal trainer, take classes or join a facility, everyone is capable of achieving better fitness levels, more self-confidence and better

overall health. People of all ages regardless of athletic ability are capable of big gains when they stick to a plan of regular exercise. Everyone has to start somewhere!

It's no secret that regular exercise is one of the best ways to combat the onset of major illnesses and health risks like cancer, diabetes, heart disease, obesity, osteoporosis, depression and high blood pressure. Beyond that, and perhaps more important for some exercise helps us look and feel better while relieving stress and improving the overall quality of our lives!

If you have any questions please contact Blue Chip Fit at:

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