

Processing Your Profile

If you want to know what you're committed to in regard to fitness, look in a mirror at the results! Results are irrefutable testimonies to what your mind has put in motion in your life. Mirrors tell the truth. And the only way your body knows what to manifest in your fitness training is by following the programming you actively provide or passively allow.



Each of us must find a way to match our fitness goals to something tangible and real. Personally, I find it incredibly important to visualize my fitness goal, so much so that I cut out photos of a prototype body image that I want my body to become. Based on what I want to accomplish, I program my workout accordingly, and I keep that image in front of me while I work out.

Most people are quick to envision their fitness goals. Unfortunately, the vision they see in their mind's eye is seldom matched effectively and in compliance with their fitness profile. I've discovered that if you ask women or men to pick out a photo of a body image they would like to look like, nine times out of 10 they will pick a perfect hard body from the cover of a fitness magazine. The first problem here is that most of these photos are air-brushed, which means the bodies aren't real! The second problem is that the model's profile is almost never a realistic goal – it's a different body structure, different genes, or just too advanced.

The challenge is to make sure you cut out the correct images. I tell people that they need to "process YOUR profile." By that, I mean you need to determine *your* starting point, *your* genetic makeup, and *your* level of commitment in order to reach *your* goal. Once you have these in place, it makes it easier to choose realistic goals as well as the fitness tools necessary to translate that vision into reality. You might even catch yourself cutting out images of goals to fit each stage of your fitness process, and that is perfect!

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"You can't turn back the clock, but you can wind it up again."

– Bonnie Prudden

Over 50? Focus on Getting in Shape

Years of research have illustrated that the more you move, the longer you live. The key to healthy aging is finding a fitness routine that can last a lifetime. It's true whether a person is 30, 50, or more. With age, people may switch to lower-impact sports such as biking, swimming, and walking, according to the American Orthopedic Society for Sports Medicine. They may also take up cross-training to improve cardio fitness, flexibility, and strength. It's just as important to cultivate relationships with active friends and coaches who are encouraging. Overall, the key for those over 50 is to train smarter. Instead of short, intense workouts with heavy weights, choose to exercise longer using lighter weights. Many people who are 50-plus still compete in marathons and other sports events.

Get Active as a Family



According to *Shape Up America*, creating your own family fitness plan doesn't have to cost a lot of money or take a lot of time.

Here are several ways to exercise as a family:

- Schedule a regular time throughout the week for physical activity.
- Take turns letting a family member select the activity the family will do.
- Help each family member find an activity that makes them feel successful.
- Buy toys or equipment that promote physical activity. Give fitness-oriented gifts for birthdays and holidays.
- Reward your children with physical activities for good behavior – for example, go skating, canoeing, or hiking.
- Locate what free or low-cost activities are near your home – parks, bike trails, hiking trails, tennis courts, or swimming pools.
- Map out a course in your community or in nearby woods, and then walk, jog, or bike it. For fun, use a compass to guide you.
- Dig and plant a new garden. Let everyone plant their own vegetables, fruits, or flowers.
- Visit farms throughout the year where you can pick your own strawberries, corn, beans, peaches, or apples.
- Plan birthday parties at an ice or roller skating rink.
- Go bowling with friends and family.
- Invite friends and neighbors over for some country western dancing or other type of dancing you enjoy. Learn dances from each generation in your family.
- Walk or ride bikes in holiday parades, ethnic festivals, and charity fundraisers.
- Join your local YMCA/YWCA or health club.

Source: *Shape Up America!*, www.shapeup.org