

CHAMPS NEWSLETTER

New Year: New You Real Life Tips to Losing Weight & Keeping It Off

With the new year upon us, many people are trying to eat healthier, lose weight, and increase their fitness levels. The problem is that those attempts will soon fall by the wayside for most individuals. It is nice to read about those unknown individuals in magazines who succeed in their quests, but are there really people you know who have succeeded in keeping their resolutions? There are several local people who have done just that. The following tips have been compiled from those individuals in the hopes that they will help you.

Person 1 weighed 225 pounds 2 years ago and now weighs 175 pounds. This 16 year old is not in any organized sports. He said that the key to losing the weight was to be on his

feet more (walking, standing, working, exercise). The biggest difference nutrition wise was cutting out juice/pop. They also tried to eat more vegetables and fruits and less white bread/potatoes/pasta.

Person 2 weighed 275 pounds one year ago and now weighs 210 pounds. He joined a cross-fit gym. He found it was helpful to have professionals to guide him through his fitness journey. He enjoyed the camaraderie and felt like he was a part of a group. He also felt like he had to go to his exercise classes and eat better because he was paying for the membership. Nutritionally, he drank more water and less juice/pop. He also ate less boxed foods and more vegetables and lean protein. He also said that he realized that a

bad day or week of eating wasn't the end of the world.

Person 3 weighed 195 pounds 2 years ago and now weighs 140 pounds. The biggest difference for her was to change her mindset. She realized that she was constantly making excuses not to exercise and was always telling herself that she would start tomorrow. Once she realized that she was sabotaging herself, she was able to start improving. She scheduled in her workouts before her kids got up or after they went to bed. She planned meals out on Sundays and placed them in Tupperware for the week. She made substitutions when she went out to eat like double veggies rather than rice. Little changes added up to big results.

Cameron HS Fitness Center: New Cardio Equipment

If you have not seen the Cameron High School Fitness Center in a while, you may be missing out on a great resource to keep yourself happy and healthy. Not only will your body & brain thank you for the exercise, but your wallet will

thank you. There are a lot of great fitness facilities in the area offering a wide array of fitness activities, but not one of them can beat the cost of the Cameron Fitness Center. The fitness center has 4 treadmills, an exercise bike, 2 Aerodyne bikes,

an elliptical machine, a rowing machine, battle ropes, medicine balls, free weights, resistance machines, TRX. If you need any help putting together a workout program or need to know how to use the equipment, please let me know and I would be glad to

Recipe Center: African Sweet Potato & Chicken Stew

<http://www.eatingwell.com/recipe/250941/african-sweet-potato-chicken-stew/>

If you like something a little different try this recipe. I replace couscous with frozen riced cauliflower (I replace a lot of things with riced cauliflower).