



**HAPPY NEW YEAR! I HOPE THE HOLIDAYS WERE GOOD FOR EVERYONE.**

- Rhonda

***New Year - New YOU!***

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Fitness is from the Chin UP!

- New Year – New YOU!
- Did you know
- Still available for purchase.  
*Rhonda's New "Fitness from the Chin Up" DVD*

**DID YOU KNOW**

That a **Quarterly Cleanse** can help jump start you **metabolism?** It can also help **reduce sugar cravings and yeast in your body.** I do the following cleanse:

1. In a Shake Container, add 2 Tbs. of Organic Apple Cider Vinegar.
2. 1 Cup of **Raw** Apple Juice.
3. 1 Fresh squeezed lemon.
4. Add crushed ice and mix (shake).

Drink this 3 – 4x a day all day for 3 days (no food). Be sure to drink ½ - 1 gallon of water to help flush out the impurities. On the 4<sup>th</sup> day add soup such as Lentil or all Vegetable soup. You can eat small bowls of soup all day long. On the 5<sup>th</sup> day and thereafter, resume a healthy sensible diet.

*\*\*If you are not able to complete 3 days with the drink, start adding soup. Do the cleanse for a total of 4 days.*

Any questions about this cleanse, email me.

These past couples of days, many of you have made a list of new years' resolutions with either a goal or challenge that you want to accomplish this brand "new year." A new year gives us the opportunity to start all over with a "clean slate."

The most common "resolution" made is to lose weight or get fit. Did you know that according to estimates, 45 percent of Americans will make fitness and weight loss resolutions in the New Year. Unfortunately, estimates also show that within a few weeks, many of these goals begin to fade, and after a few weeks or months, most are replaced with old habits.

I often receive emails from viewers asking me, "What is the best exercise for weight loss?" or "What piece of equipment is best for toning?" I always say, "The best exercise for weight loss or toning is... **The one you enjoy doing!** To lose weight, you need to burn more calories than you take in. The more you like a physical activity, the more likely you will stick with it. **Consistency is the KEY!**

Some things you can do to make lasting changes are: 1.) **Adjust your attitude**, 2.) **Change your lifestyle** and 3.) **Come up with a plan for success.** Personally, I remind myself not to "Dwell over the past, but look towards the future." A change in attitude can help you get the results you want.

You don't need fancy exercise equipment in order to get a good workout. You can get toned and fit anywhere with some inexpensive items such as:

- ❖ **Exercise Bands** – Lightweight, compact and available in different resistance levels. Exercise bands can be used to strengthen almost any muscle group.
- ❖ **Therapy Balls** – These large inflated balls come in different sizes (choose one based on your height). Therapy, a.k.a. **fitness balls**, can be used in a number of ways. Sitting on it while lifting weights can improve coordination, balance and posture. Using one with a ball squat helps with perfect form to give you the best results and my favorite ab exercise is a ball crunch.

Sometimes changing up a routine or participating in exercise class or meeting with a personal trainer can be the motivation that you need to jump start your new years' resolution. Always consult your health care provider before starting any new exercise routine.

Join me, my family and friends by staying in the PRESENT and keeping your eyes on the goal!

**UPCOMING EVENTS:**

**Seminar: "Jump start your Metabolism." - Saturday, Feb. 6<sup>th</sup> @ 11:00 a.m. at Rhonda's Fitness. Only 30 seats available. Cost is \$10.00. Don't delay, sign up today!**

Have a Fitness question for Rhonda? **Email her at:** [rhofit@sbcglobal.net](mailto:rhofit@sbcglobal.net)