

Staying on the Wagon, or... at least, *your wagon.*

Most diets start with Dick Clark, continue with Jenny Craig and end with Ronald McDonald.

Feeling like your commitment
will soon have you committed?

Read on...



Come March, I wonder who has been good, for goodness sake. Santa might not be checking twice, but I'm sure personal trainers are. How many of us stick to our New Year's resolutions to stay fit and eat right? If the stats are similar to how many Americans say, "I do," and then don't, then, sadly, over half of us end up divorcing our diets and our commitment to daily workouts. If only we had to pay alimony to our original goals! Think about giving away a dollar for each calorie you go over your daily limit. Scary, huh?

I'm interested as to how some of us stay on that wagon. Many of us turn to national diet programs. Others head to the gym membership office with good intentions. Many of us clean our fridges and pantries of all things Frito Lay and Entenmann's. We buy new equipment, workout gear and fill our iPod with new music. We buy DVDs, mats, and water bottles. We sign up for power aerobics. We're totally pumped in January but by the time those Cadbury Cream Eggs roll around, we've let our sweet tooth take a bite out of our determination.

Are you feeling like you need a seat belt to stay on that wagon? I say mix it up. That's right. I know many of you don't believe me, but I get bored and feel burnt out from time to time too! My fix?

I've added a Pilates program to my swimming and gym workouts. No, I don't work out every day, but every day I try to do 'something' healthy, which, in reality means - I get about four workouts in per week. My usual gym routine was wearing me down. So a friend suggested we try something totally new, and I LOVE IT! Changing my physical activity by adding Pilates was the answer. This has me on a soapbox. Change up your routine! Shake up the workouts BEFORE you tend to get disinterested. I have already asked three of my girlfriends to join me in my class, and The Man is next. (How funny would it be to see a 6'5" Ex-Dallas Cowboy tortured on Pilates machines! Us EAGLES fans must stick together, and get our digs in whenever we can!)

Motivation is something you work on, not necessarily an inherent personality trait. Great attitudes are contagious-is yours? Setting goals is the key. Temptation is everywhere. Heck, I pass three sets of golden arches everyday in my travels. That intoxicating smell in the air sometimes makes me feel a little nutty. Talk about feeling "fried!" If you set goals you're less likely to turn off into the drive-through. Instead, just drive on by. My goal? Staying pain free! The saying is true, staying fit helps tremendously with my lower back pain. Most people set a goal of looking good for a specific

event like a wedding, a reunion or family get-together. Whatever the reason, it's helpful to set your sights on a realistic goal. That way it's not so hard to motivate yourself. Over time, good habits will become a lifestyle, and your good habits just turn into your lifestyle over time!

Many people resolve to stop eating junk food.

A Jami-secret: Whole Foods Markets carry a line of 'stuff' called "Laura's Wholesome Junk Food." (It kind-a makes me feel like I'm super cheating, but I'm not!)

I do cheat a little here and there. OK, my trainer's standing over me while I'm typing this. I just got bonked on the head by her hand. She caught me lying. I cheat a lot. I've just learned how to burn it off! If I gave up all of life's edible pleasures I would be one very miserable woman. Great for Jami-FIT, bad for PhillyFIT. I mean, come on, who's going to buy an ad from a cranky publisher?

How many times have we all heard that diet and exercise are equally important?

How much time should you dedicate to working out? I get this question a lot. So I polled some local trainers. They basically said: "Typically, you should be doing some form of cardio or weight training six days a week. Break up your schedule by working out 2-3 days with weights and the remaining days with cardio." But, in all honesty, it's too hard to say what's best for your body type without a personal consult, so please...cancel three dinners out this month. Put that money towards hiring a trainer to teach you, if only for a few sessions, to get you on the right track. If you are intimidated by the machines at the gym, invest in a personal trainer that can teach you home workouts. They are experts at crafting a sensible plan just for you. If you think you would join an exercise "class," but fear the worst with regard to the class dynamic, stay in



the back to be less conspicuous. If time is your enemy, unplug your TV set. Every time you go for the remote, your black screen will tell you to head over to the treadmill, or better yet "walk while watching," perfect!

We can fall off the wagon by lack of motivation or we can fall off the wagon by temptations all around us. Portion control is one way to get closer to your goal. Jami-Secret #2: Call Good to Go Delivery (1-866MEALS77). This company actually counts it out for you, and even delivers it to your door! Eating too much at one time is a pitfall of most Americans. I don't blame them. Have you eaten out lately? It's downright scary! (Go to www.healthydiningfinder.com to get the lowdown on nutritional information for restaurants in your zip code - the fat & calorie information may surprise you.) Try to cut your sugar intake in half. I've gotten my kids to say, "How's my little half sweetie of a mommy," when they walk in the door from school, and "When's dinner, my half sweetness mother?" This reminds me to cut down on the sugar!

I do feel that 2007 is going to be MY year. Maybe OUR year. It's the first time, in a long time that I have committed to finding time for myself. I set aside one hour over the weekend, where I do something (anything) just for me. Maybe it's painting my nails and taking the time to put on those cute rhinestones. Sometimes it's indulging in a glass of Merlot while I take a decadent bubble bath. I generally soak until all the bubbles go flat, so, maybe I've grown to learn to take more than that one hour to myself that I committed to! (smile)

I'm also committed to accepting whatever life throws me and to finding solutions rather than finding myself overwhelmed. This year, I've made the resolution to remember what made me fall in love and take the plunge into "marriedhood" (oh yeah, did I mention that we eloped to Vegas on Valentine's Day)? I'm not going to let little curve balls send me into a tizzy and into a reclusive state. I will remain open to change, but closed tight on my values. My workouts have been upped a notch and I've promised myself not to fall off the wagon this year - at least for no more than two days at a time. We all know that two days turns into two weeks, then two months and well, you know how that goes! Forty-eight hours is my maximum BGBT (Bad Gal Break Time). It's now March and I've managed to keep on track for a full eight weeks. How are you doing?

If I can be honest, it's not that easy being a PhillyFIT Cheerleader 24/7 so, to keep me pumped up, I'm constantly looking for advice, continually listening to suggestions from others and ever-searching for what's new and what's hot in the world of fitness and health, just to keep it fresh.

John Paul, Ringo and George got by with a little help from their friends, great people have also been inspiring for me as well. On the next page are some ways in which some of my pals stay on the wagon and keep their focus. They are all incredible in their own way. Write me and tell me your ideas!

JAMI



"I really try and eat four to five small, low fat portions each day and never eat after 7:00 pm. If I must, I try to only eat fruit and drink plenty of water. I also weigh myself every other day to make sure I'm not gaining. I stay away from wearing sweatpants as they are too forgiving and won't tell you (truthfully) if you are losing or gaining.

Finally, I find a partner to work out with so I can be disciplined in my routine. We end up keeping each other motivated."

- Ray Pennachia, Novacare



"Getting and staying on the health and fitness track is probably easiest in the first few months of the new year (resolutions and all). It's the rest of the year when it gets tough. So, I roll out a piece of equipment at home that I haven't used in a while or I'll pick up an extra day at karate or throw in a run or yoga class once a week to shake things up a bit. I also grab a friend to work out with. It always makes it more fun and you keep each other motivated while getting some quality time together! And finally I MAKE SURE the iPod is loaded with all of my new faves. Upbeat music that I like is a sure fire way to keep me going!"

- Kim Douglas, WYSP "Barsky Show"



"Fortunately, I go to the gym six days a week, so staying on track only the first few months of the year is not the issue for me. However, I need to continue, sometimes each month, to re-commit to myself. As the seasons change I enjoy buying new

workout attire. I also change the music on my iPod to make sure my workouts stay fun. There is nothing like the old dance music to really keep you motivated. I have such a great crew of friends at my gym, LA Fitness, Oxford Valley. I also set some personal goals for myself and strive hard to meet them. This month we just purchased a vibration board, which I use in conjunction with free weights. It helps that my fiancé and my kids are also committed to a healthy lifestyle. We all encourage each other! Another very important way to stay focused and on course is to make sure you have great reading material each month like the great articles in PhillyFIT. This keeps me informed, and helps my workouts stay fresh!"

- Donna Bretzel



"Well, 2007 started off great for me by participating in my first 1/2 marathon in Walt Disney World with Team in Training. I've been training for this event since August. New Years is always a good time to focus on healthy choices and upcoming winter vacation plans will help me to stay the course!"

- Susan Lapp, owner of Buxmont Media



"I keep an open mind, a positive attitude, find new challenges, stay active and get connected with God. Mostly, I enjoy life and appreciate each day with family and friends. I believe in moderation in all things. If you want a piece of candy once in a while, eat the candy. Forget the guilt."

- Harriet Leff

letterstothepublisher

Dear PhillyFIT,

Just finished reading the article "Is It The Heels?" by Brandon Mentore. Nice article, well written. I have two additions that are very important, particularly for athletes. Brandon mentions that a custom shoe is ideal. A custom made shoe costs \$700.00 or more, and is typically used by people for more orthopedic applications, rather than athletic pursuits. (A NBA or NFL player with a size 17 foot would be a deviation from that norm). That said, when a person pronates or rotates excessively, their foot is not properly supporting the body. This forces the body to compensate, and can be the root cause of many knee and hip problems encountered during mid and later life. A far more accessible and realistic solution is a "custom orthotic". This will be molded to the shape of the individual's arch and adjustments are made to the orthotic depending upon the amount of rotation present. Gait analysis can be extremely complex, but the general goal of an orthotic is to properly support or control the foot and reduce excessive pressure areas. Keys to success with an orthotic are putting it in the right shoe and having the proper adjustments made to the orthotic after the individual has worn the orthotic for a break-in period. The second issue has to do with his suggestion to be barefoot as much as possible. I would agree with this when we are on natural surfaces like the beach or our backyard lawn. Natural

surfaces absorb shock, and tend to redistribute weight throughout the foot. Hard or flat surfaces do not do this. For a foot that excessively pronates, it can be extremely uncomfortable to be barefoot on hard and flat surfaces. For anyone with a condition like Plantar Fasciitis, going barefoot should be avoided at all times. Again, great article. Ladies (and gents), stay out of those heels. They look great, but do not do anything to help your feet or body.

Thanks for the magazine. I think that what you are doing is good for the health of this community overall.

Andrew Matson
Owner/Certified Pedorthist
Foot Solutions Abington

Dear PhillyFIT,

I am the Special Events Coordinator for Northampton Township Parks & Recreation, and I recently picked up a copy of PhillyFit - Great magazine...good information!
Betty Satterley

Hi Jami,

Love your magazine! You have brought a great product to the Philadelphia area. I am a fitness and wellness consultant with a specialty in work site wellness.
Gina Mancuso
Corefitness

Jami,

I am a runner and cyclist, and have been looking everywhere around Philly for a careful healthy way to reach my goal races: the Philly Distance Run, and if possible the Philly Marathon. I love your magazine, and will be using it as a resource. And, I always have a few copies on hand for my clients. It is such a great resource. Thanks and keep it up!
Heidi K. Fuhr
Certified Massage Therapist

Hi Jami,

Happy New Year! I just wanted to share with you that things with the Balance Company are going great ... in part thanks to you and your PhillyFIT BASH event!
In appreciation,
Pete Ashman

Dear Jami,

Hello!!! I have been working out at health clubs, playing sports and eating healthy since I was 16 years old. I am 31 years old. Needless to say I have always lived an active and healthy lifestyle. Ever since my move to PA, I have been on the look out for a quality local information source. That was when I came across your internet site when I was searching for Health and Fitness in Philadelphia/Pennsylvania. When I read your articles on the site and later tried a recipe, I was hooked and now a subscriber. It is refreshing to

be able to read a local publication that meets the needs of those who strive and/or achieve a healthy and fit lifestyle.
Thank you!
Debbie DiLaura

Dear Jami and Elizabeth,

Thank you very much for publishing my article "Tennis Junkie"! I guess that for some reason I really didn't think that my article would make the cut. I was so surprised to see my article in print when the magazine hit my health club. I have talked to several people who said that I have inspired them. I was hoping that I would inspire at least one person. I have learned so much from PhillyFIT Magazine and I appreciate all of the hard work that you do to make each issue a reality. I learn so much from my gym buddies, too. Last week I had my worst tennis day ever. Thank goodness I had my coach and gym friends to help me through it. It wasn't pretty.
Meg Ebner

Hello,

I recently picked up a copy of the January/February edition of PhillyFit Magazine at Doylestown Hospital. After taking some time reading the publication I was very impressed and pleased to know this type of local magazine was available and look forward to viewing additional copies.
Mike & Cherie Starner
SailTime Philadelphia