

Bridal Fitness



By Leslie Orlen, B.S.

You've been dreaming about this day since you were a little girl! You've found your man, booked your date and can visualize yourself in the perfect dress. Now let's let the journey begin!

Here are five steps to making your wedding day even better than you have imagined:

1. STRESS REDUCTION - Enjoy every minute!

Your engagement is an ideal time to spend some quality time with your fiancée. Take time to smell the roses and remember to breathe. (Don't sweat the small stuff). This is your time, enjoy every minute. RELAX. Try this, sit in a comfortable position, close your eyes, and place both hands over your diaphragm. As you inhale, let it expand like inflating a balloon, exhale slowly as it deflates for double the count. Repeat a few times.

2. NUTRITION 101 - Eat breakfast, remember portion control, make eating a conscious effort and make healthier choices.

Healthier food choices include eating whole-wheat pasta and whole grain breads, don't eat before bed and remember to stay hydrated! Are you drinking soda? Try switching to diet. Are you using sugar? Try limiting it or replacing it with Splenda. Taking small steps like this will help you look and feel your best.

3. CARDIO, CARDIO, CARDIO -

Schedule three to four cardiovascular workouts a

week for 25-40 minutes. Remember to pick activities that you enjoy, exercise should be fun and just think how great you will feel when you are done. Make your time count. Workout moderate-intensely. Bored? Try interval training or download some potential DJ wedding picks to your IPOD. Here are five you might like: Hung-up- Madonna, It's Like That- Jermaine Dupri, I Need a Girl Pt.2- P. Diddy, I Love New York- Madonna, Tell Me What You Want-Mase and Total.

4. STRENGTH TRAINING -

Try three to four strength workouts a week for thirty minutes. When strength training make sure you really feel your last few repetitions. Don't forget to include core and stabilization training. Try incorporating physioballs, BOSU and discs into your workouts. No time? Try circuit training (ball crunch, walking lunges, lat pull down, single arm chest press on ball, and dips off the bench for instance).

5. STRETCH -

Flexibility is important now more than ever! Flexibility training can help avoid muscle imbalances, postural distortion and injuries. Wouldn't you love to look like a dancer from the Pennsylvania Ballet on your wedding day? Stand tall, shoulders back, walk graceful and don't forget to smile, this is your day!

Remember, true love only comes once in a lifetime. You found yours so try thinking of this as your 'me' time. Planning a wedding is so much fun, but sometimes you may feel overwhelmed. It is important to exercise, eat healthy and remain as stress free as possible. Just think how much better you will feel. Fairy tales do come true!



Leslie Orlen is the owner of Bridal Fitness, a twelve-week online personalized fitness program for brides. She is currently pursuing her M.S. in Exercise Science & Health Promotion. Leslie works full time at St. Mary Wellness Center as a Group Exercise Coordinator and Fitness Specialist. You can contact her at Lorlen@phillyfitmagazine.com.