



## **Healthy Homework for GOLF SEASON...2011!**

The hectic holiday season is over and again, as a golf fitness coach, I hear the same questions ringing out of the mouths of my clients:

*“How can I make this year the healthiest and happiest year yet?”*  
*“How can I make my golf game the best it’s ever been?”*

The answers to those questions go together! Work on your body, mind, and spirit...and your health, fitness level, and golf game WILL improve! Your healthy homework for 2011 is simple and should be completed on a daily basis. Ask yourself at the end of each day how well you focused on adhering to the basic healthy living rules. In fact, it has been proven that recording or tallying each day’s events in a journal helps people stay on track with their goals better due to the nature of feeling more accountable when having to write down activities.

1. **MOVE!** Promise yourself to move everyday! Score points for yourself when you walk a further distance, skip an elevator, take breaks from your computer or desk every 30 minutes. Exercise takes many forms. Even a 10 minute stretch each morning or evening may be more than what you have done last year....so keep it up!

**Tip:** Buy a pedometer (\$5-\$10) and gauge your steps throughout the day. Each day should consist of at least 10,000 steps. If you are unable to get that many during work hours, take a walk in the evening after dinner.

2. **EAT 5 MEALS A DAY!** To keep your metabolism as well as your energy levels roaring, you must space your eating times within 3 hours of each other. The digestion process is a heat-producing, calorie burning process in itself. When the stomach is empty (within 3 hours), metabolism slows and your body starts conserving calories at a higher rate.

**Tip:** If you are on a 1500 calorie a day plan, divide those calories in 5 meals of 300 calories each. A 2000 calories plan would be divided into 400 calorie meals. You will find that you are not nearly as hungry when eating every three hours and are less inclined to overeat.

3. **HYDRATE!** Incredible as it may seem, water is quite possibly the single most important catalyst in losing weight & keeping it off. Although most of us take it for granted, water may be the only true “magic potion” for permanent weight loss. Water suppresses the appetite naturally and helps the body metabolize stored fat. Studies have shown that an increase in water intake can actually reduce fat deposits.

**Tip:** Drink 80-100oz. of water daily. Drink a 24oz bottle of water between each of the 5 mini meals throughout the day. That adds up to 96oz of water each day! Also, eat your calories....don't waste them on sugary, caffeinated drinks.

4. **BREATHE & THINK POSITIVE THOUGHTS!** We know that we need to breathe in order to live, but how often do we really focus on slow, controlled, calm induced breathing? Meditation comes in many forms, but the ultimate goal is to cleanse the system of negativity, rejuvenating the body and mind, and preparing for events in life to come.

**Tip:** When driving alone in your car (to work or to the golf course), take that time to really breathe deeply, inhaling as much oxygen into your lungs and exhaling out slowly. Use this time for a positive self-pep talk. Create your day, your week, your month, even your year in your mind and you'll be one step closer to achieving your dreams.

What is the best advice I have to help you succeed with your healthy homework? **PLAN AHEAD!** Make your meals days in advance; have water bottles on hand at home, work, and in your car; make zero excuses for not moving each day; and use your alone time effectively to revive your spirit. Best wishes. I hope 2011 proves to be your best year to be ***Fit For Golf AND Fit For Life!***

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