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SPRING HEALTH & BEAUTY TIPS

Look and Feel Great This Season



Letter from the Editor

Dear Fit&Fab Living Member,

At Fit&Fab Living, we know you want to look your best all year round. That is why we have compiled this book of health and beauty tips that are targeted for the spring season. Not only are these tips easy and affordable, they're fun! From makeup and fashion to working out and nutrition, you'll find everything you need for the spring.

We'd also like to remind you that our eBooks are a completely FREE exclusive service for our members. If you would like to share this amazing collection, please pass it along to friends and tell them to sign up at Fit&Fab Living for even more!

If you think we are missing a health or beauty tip, or you just want to share your own creative ideas, please visit the site and submit your ideas now!

Enjoy this Spring Health and Beauty Tips eBook!

Sophia

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Editor

www.FitAndFabLiving.com

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Fashion

Sunglasses

Even though sunglasses are necessary all year round, it's nice to try out a new, trendy pair for springtime. Why not try some rimless shades? Whether you buy designer labels or the less expensive - often just as good - store brands, here are a few insights for you:

- Contrary to what may have once been, big is in now. Besides looking au courant, your bigger lenses will offer you more sun protection, often with UV blockers.
- Color is in, and not just for your frames. Add a little pizzazz to your lenses by choosing lenses with a turquoise, purple, blue, or gold tint.
- If it's sturdiness you seek from your rimless shades, you might want to opt for designer ones. Often, they're made from hardwearing anodized metal, titanium, or plastic.
- If you're looking for an inexpensive, trendy look, just head to the nearest Wal-Mart or similar such store (or your nearest department store). You'll find large selections at about a fifth of the price of the designer brands. Even though they may not be as sturdy, if you take care of them, they should last you quite a while. On the other hand, if they don't, you're only out a few bucks.

My Tip Notes:

Scarves

If you still love your pashmina, go ahead and wear it to a formal event-it's perfectly acceptable. But if you want a wrap that is a bit more of-the-moment, try a Bajra silk and cotton blend fringe scarf.

You can wear scarves all year long. They aren't just for the winter; they're even trendier when worn in the spring. You can try a cashmere scarf-a super-soft solid cashmere rectangle that keeps you warm on chillier spring nights. If you prefer a jacket, try a sporty chic jacket or blazer in a neutral color. Both go nicely over an evening dress or skirt and top, and can be worn for seasons to come. For a softer look, try a pretty cardigan with some clever detailing like pointelle stitching or embroidery.

My Tip Notes:

Gladiator Sandals

Gold gladiator sandals look great for a spring day mixed with chic, classic sportswear pieces. Think Katherine Hepburn for the top and bottom-in other words, go for slouchy men's style trousers paired with either a fitted lightweight knit top or a crisp white cotton button-front shirt. If you're going for the knit top, keep it sophisticated, not preppy, by avoiding bright colors and overly bold stripes. If you go the white shirt route, the Gap is always a good bet for a well-tailored, well-priced option. For jewelry with the white shirt, try either medium sized thin gold hoop earrings or, for something a bit more daring, ropes of layered gold chains and pearls of varying lengths.

My Tip Notes:

Chains And Charms

Consider using a variety of different chains instead of one chain with several charms. The chains should vary slightly in length, so the charms don't sit directly on top of each other and create an unwieldy jumble. That being said, do remember that a little mess is part of the bohemian look, so you shouldn't be afraid of disparate shapes, styles, and materials. Seek inspiration from jewelry designers who've mastered the art of mixing and matching. Examples include Nabi's Cameron and Cala necklaces, both of which are beautiful groupings of hoops and bangles. Nicole Romano also blends many different elements in her necklaces. If you're looking for charms, consider Lizzie Scheck's adorable pendants - she models her designs after everything from starfish to flip-flops. You can also find a huge variety of affordable charms on Ebay, where the goods run the gamut from Italian horns to vintage cameos.

My Tip Notes:

Heels With Jeans

Heels with jeans are in again but what if you want to wear flats some of the time. Here are five fashion forward ways to make your jeans stand out no matter what your style.

1. If your jeans are straight leg and sport a boyish cut, try cuffing them up to expose the ankles. It's sort of a sexy '50s girl look.
2. If your jeans are slim-cut or super skinny, try hemming them so that your entire ankle is exposed first.
3. If your jeans are boot-cut or wide leg, make sure they are long enough to almost hit the ground in your chosen pair of heels.
4. Avoid mule style sandals with the longer styles of denim-they will get stuck under your heel when you walk.
5. If you have a favorite pair of jeans, buy two pairs and hem one at a flat length and the other to your heels. It's worth it.

My Tip Notes:

Color Combinations

The great thing about spring is that you can pretty much wear any color, without fear. Combining colors can be a little trickier. Look distinctive and feel secure in your taste with these great color combinations for clothing.

- Gray looks great with most other neutrals. Try it with black, brown and other shades of gray.
- Navy mixed with red and a touch of white still connotes spring.
- Pink, coral and peach are all very becoming to the complexion and go beautifully with navy, light gray, brown or beige.
- Heather blue, lavender and lilac are gorgeous in combination with lighter shades of gray and brown.
- Burgundy looks very rich paired with light gray or a darker charcoal shade, but if you're really adventurous, try it with a paler, almost skin-toned pink.

My Tip Notes:

Sailor Fashion

Go sailor-chic with a pair of perky red slacks. Super-long with a generous pant leg, they're perfect with a pointy pair of sandals. We recommend showing off the waist detail with a simple, close-cropped top.

My Tip Notes:

Cropped Pants

Cropped pants are big this spring, and very versatile-you can dress them up or down with your choice of footwear. For a put-together but casual look, go for a pair of pointy toe flats such as the Ossining slingback from Nine West. To add some extra spunk to your look, try with flats in bright colors like pink or metallics. For a splurge, I love the Marc by Marc Jacobs silver flats. Hollywood also has a great selection of colorful flats. If your cropped pants are part of a going-out outfit, try a strappy sandal with a kitten heel for a sexier look. Finally, for a solid investment, you can't beat the Jimmy Choo strappy camel slides.

My Tip Notes:

Two Shades Of The Same Color

It's certainly a great way to brighten up an ensemble without making a rainbow of yourself. We love pink, but Reese Witherspoon might be the only one who can get away with wearing it head-to-toe. The key to sporting multiple shades is to bring some neutral colors into the mix. Wear a hot pink top, carry a soft pink handbag, and keep it simple on the bottom with jeans or a beige skirt. If you layer a hot pink tank top over a soft pink one and pair it with a soft pink skirt, wear camel colored accessories and simple jewelry. Or, wear your soft pink skirt with a white top and hot pink flats. If you want to leave the mixing and matching to the designers, several have successfully combined multiple shades of pink into pretty dresses this season.

My Tip Notes:

Pairing Shoes With Pastels

Going neutral is always a safe bet: A beige shade puts the emphasis on your clothes, not your feet. White and black will not work with the more delicate look of pastels, and wearing the same color from head to toe has been known to induce prom flashbacks. Beyond neutrals (or very subtle hues like Carlos Santana's jacquard sandal), the most fashionable thing to try with this season's cotton-candy dresses and lemon-chiffon pants involves a bit more contrast: metallic heels in silver or gold. Emily Chen, head buyer of Big Drop Boutiques, recommends these specific pairings: "With a pink pastel miniskirt or cropped cargo pants, I suggest a simple silver one-strap heel that ties around the ankle." Gold, she says, goes best with yellow or green pastels.

My Tip Notes:

Updos

Put your hair up high this spring. Even if your hair isn't very long, getting it into an updo can work wonders. Not only does this 'do demonstrate comfort and confidence, it can completely change your look. Try a loose bun a la Kate Beckinsale at the New York premiere of "Everybody's Fine."

Ponytails can also be chic and classy. Pull back your hair all the way and tie it tightly if you plan to go out on a date. Messier pony tails can be great for a lunch date or a trip to the park.

My Tip Notes:

Side Braid

The side braid is sexy, playful and surprisingly simple. This hairstyle works great on any occasion. Whether you're going to see a movie with some friends or you're home with family, try the side braid at any time. Although your hair has to be slightly long for this look, those of you with shorter hair can also create a small side braid with the hair near your ear. Tie a small braid starting at your temple and moving to the side. Tie with a small hair tie at the back of your head, and you'll immediately have a fun '60s look.

My Tip Notes:

Makeup

Cover Up

No, I don't mean with a blanket. I mean with concealer! If you have blemishes or dark circles you wish to hide, proper concealer application can do the trick quite nicely. You should only lightly layer the concealer on just what you're trying to hide - there's no need to coat your whole face. For a smooth, natural-looking cover, use a makeup brush with a fine tip to apply your concealer, rather than your finger. This way, you'll have a smoother finish, rather than a blotch, and you won't call as much attention to the exact thing you're trying to hide!

For a finishing touch after you've got the concealer on (and any makeup you might choose), lightly apply translucent or loose powder to your whole face. The best tools for this are a big, fluffy makeup brush, or a soft powder puff. In either case, be sure to tap off the excess before tapping your face, or you'll end up coughing, and then your eyes will water, and then your mascara will run...and you'll have to start all over!

My Tip Notes:

Eyeliners

If you want to make the most of your eyes, try these eyeliner tricks. If your eyes are...

- Wide-set, emphasize the inner corners of your eyes with your eyeliner.
- Close-set, keep the inner corners free of eyeliner, and emphasize the outer corners.
- Deep-set, use pale shadow on your upper lids, and only use liner on the bottom.
- Small, use grey, brown, or bronze, instead of black liner; keep the line fine.

If you prefer not to draw a line with your eyeliner, you can still achieve a smashing effect if you dot liquid liner between your eyelashes, at their roots.

My Tip Notes:

Colorful Eye Shadow

This spring, make your eyes pop. Light purples, greens and yellows are the perfect way to make others notice you, in a good way. Think '80s without the neon. You still want the eye shadow to be visible, but you don't want it to be blinding. Make sure that if you plan on applying a colorful shadow to your eyes, don't go overboard on your lips. Pale pinks work great, and can give you a fairy-like sheen.

My Tip Notes:

Tanning

Although it seems like fake tanned skin is always popular, try your best to avoid this trend by staying out of the tanning salon. Using a bronzing powder on your skin can give you that highly-coveted tanned look, without badly damaging your skin. You can also try a sunless tanning lotion, but be careful. Many of these lotions may cause breakouts.

If your skin is tan this spring, remember not to cake on too much makeup. A little mascara and lip gloss go a long way.

My Tip Notes:

Red Lipstick

It's one of the most difficult makeup looks to pull off, but getting the nerve to wear red lipstick is half the battle. Red is hot this spring. It's a classy look that doesn't ever seem to go away. Try it out this season, and if you don't feel comfortable with it right away, try wearing it around the house and determine if it works for you. If you feel confident, wear it on a night out. Remember that this bold look works best with light eye makeup.

My Tip Notes:

Smoky Eyes

The trend of smoky eyes never seems to go away. And why should it? This trend is a great way to glam up your eyes without having to do too much else. It's a perfect night-time look, and it can be done in different ways. Blacks and browns are great, but try a smoky grey or plum to change things up a bit. This look is easy, and doesn't take longer than 5-10 minutes when done correctly.

My Tip Notes:

Glitter

Glitter-it's not just for kids anymore. Finely milled shimmery, loose powder speaks of sophistication, but the rosy hue keeps this look soft and feminine. Not only will this look play up your eyes, it's a cool trend. Just take a look at Lady Gaga. Although you probably won't wear as much glitter as this diva, glitter is bold, brash and oh so stylish.

My Tip Notes:

Preparation

Before you put on any makeup, you need to prepare your face. The first step? Cleansing well. The second step? Applying a moisturizer. These are pretty basic, but there are lots of women out there who skip the moisturizing step. If you have oily skin, that might be tempting, but for most skin types, you can find a moisturizer that will protect your skin without being greasy.

The next step is to apply foundation. This is another step that lots of women skip, but chosen and applied properly, the right foundation will give you a good, natural-looking base, and your makeup will go on smoother and more evenly. How do you know if your foundation is the right one? If you can blend it into your skin completely, extending under your jaw line, and the finished product makes you look like you're not even wearing makeup, you've got a winner!

My Tip Notes:

Natural

The natural look is in, and it isn't very hard to accomplish this hot look. You don't need to slave away in front of a mirror. Just a few tips can help you gain this fresh look.

Use your favorite foundation and gently apply it over your face. Use concealer under your eyes to help alleviate blemishes. Then apply a neutral, cream color for eye shadow and remember not to overdo it. Apply a fresh, cream blush onto the apples of your cheek and blend well. Use a light pink gloss to your lips. Remember, you don't want to look washed out, but sophisticated and natural. Touch up your makeup as frequently as you see fit.

My Tip Notes:

Metallics

It seems that everywhere you look these days, someone is shining or shimmering. Did you ever wonder how? It's simple, really. There are plenty of metallic shimmer products out there, and not just for your face. While certain blush products are available with a bit of sheen and shimmer to them, there are also body glitters and creams with shimmer.

It's a good idea to go lightly on the shine, however, especially during the day. You can add a little more to dress up your evening attire, but don't go overboard! If you're not sure what color will be best with your complexion, try a gold shimmer if you are olive-complexion or tan; opt for silver shimmer if you have fairer skin.

My Tip Notes:

Sticking With False Eyelashes

False eyelashes are sticking around. This product never seems to go out of style now that it's easier to work with. For a dramatic look, using false eyelashes and watch as your eyes pop. Combining these lashes with a smoky eye is also a great way to incorporate two stylish looks. While false eyelashes don't always work with your look, for example if you are having a night in with your spouse, for Valentine's Day they're perfect.

My Tip Notes:

Clean Up Your Cosmetics

Old cosmetics do more than take up drawer space; they could contain germs and microbes. A good rule of thumb is to throw anything out if it doesn't look or smell right. Discoloration, a bad smell, unusual flecks, or a change in consistency are signs a product is going bad.

Be most careful with products used for the eyes. If you get a cut near or in the eye and contaminated makeup gets in, it could create a serious health risk, even blindness.

Throw out any cosmetics older than a year, especially eye makeup. The most perishable items are preservative-free products, but anything that hasn't been opened will last longer.

To keep your cosmetics in good condition, store them away from light and heat, and keep containers closed tightly. Don't soften and recondition old products with saliva, and don't share makeup with others.

My Tip Notes:

Fitness And A Healthy Mind

Rope Jumping

Rope jumping is an excellent aerobic activity during the spring. A rope that is adjustable to your size and weighs about one-half pound is the ideal rope. It is extremely important to warm up slowly and take time for a cool-down at the end of your jumping. Also, jumping for short spurts adds variety to a workout, but jumping for extended periods can place stress on the joints. The following are the basic jumps:

- Basic jump--Rotate the rope with your wrists; do not use arm action. Land lightly on the balls of your feet with your knees slightly bent. If you begin to land with a thud, it is time to cool down--you are overexerting.
- Side-to-side--Hold handles to one side and swing the rope to the left, back to the center for a basic jump, and then to the right side for a swing.
- Slow squat--Jump in slow motion and land with your knees in a squat position. Make sure your heels don't touch the floor.
- Crossover--Do three basic jumps and then cross your arms in front of your waist and jump through the rope.
- High stepping--Jog in place, raising your knees to your waist, or jog and kick your heels behind you.
- The twist--Keeping your knees together, jump right, center, left, and center.

My Tip Notes:

Working Out For You

- Figure out your body clock - some people love getting up early to hit the gym or the track. Others can't tear themselves out of bed, and might actually find it more beneficial to work out after work - to relieve all the stress of the day. Once you know your time, that might help determine some of your other choices as well.
- Ask yourself some questions about other people - Do they motivate you, or do they make you nervous? Are you a social animal, or a solo-flying eagle? I hear Cher loves to have people around, so she invites friends over to workout together. Aerobics classes, team sports and gym workouts are all great solutions. Other people may want quiet time for themselves while they exercise. Running, swimming, and cycling are all great solo activities.
- Check your personality - If you need a goal - a destination, a number of laps, etc. - choose a fitting exercise. If you are looking for more of an inner experience, tai chi, yoga or Pilates are more your style than the treadmill. You might need something bigger to motivate you - perhaps a biking tour of New England or a marathon along the lake. Having that bigger goal out there may (or may not, depending on your personality) motivate you to keep at your exercise routine.

Of course, people don't fit neatly into boxes. Just because you love running solo doesn't mean you'll hate a Pilate's class, and just because you enjoy the reflective, slow movement of tai chi doesn't mean you'll be jangled and jostled by a fast-paced kickboxing class. Once you've found the "workout you," try things that don't fit on occasion.

My Tip Notes:

A 6 Step Abs Workout

Here's a six-step sequence that'll help you flatten your belly. Do it three or four times a week, along with your usual crunches, and you'll see results quicker than with crunches alone.

Try this: Lying on your back, bend at your knees and hips so your legs form a right angle and your shins are parallel to the floor. Keep your arms at your sides.

Step 1: Lift your head and shoulders off the mat.

Step 2: Extend your legs so they're at about a 45-degree angle to the floor.

Step 3: Form a V with your legs.

Step 4: Bring your legs back together.

Step 5: Return your legs to the starting position.

Step 6: Lower your head and shoulders.

Do six sequences at least three times a week.

My Tip Notes:

Backyard Retreat

Mental health is generally on the upswing during the spring. With the nicer weather, budding plants and children playing, most people are more active and in better spirits. Take a chance to do some simple things to keep the feeling all year. Hang a birdfeeder or birdhouse in your yard or on a window. Plant a houseplant that will grow outside for the summer but can live indoors during the winter.

Appeal to all five of your senses to help improve your mental health even more. Pleasant wind chimes, fragrant flowers, soft fabrics and plants, fresh paint, and tasty plants from the garden are all ideas that will boost your well being. Take two hours in your backyard - doctor's orders!

My Tip Notes:

Genuine Relaxation Tips

All you need is between 5 and 20 minutes of personal time to slip away somewhere quiet...

1. Switch off your phone, ask others not to disturb you.
2. Sit or lie comfortably.
3. Just as if you were switching off all the lights in a huge supermarket at the end of the day, switch off all your thoughts.
4. Close your eyes - the darkness is soothing.
5. Now focus on the sensation of your breathing, feel the rise and fall of your inhale and exhale, listen to the air coming in and out of your body.
6. Feel how your body feels.
7. Don't try to alter your breathing; it will change naturally as you sink deeper into the experience.
8. If thoughts slip into your mind, gently bring your awareness back to your breathing.

This is all you need to do to relax your body and mind. It's THAT simple. To really benefit, you need to practice this 'breathing work' on a daily basis.

After a few days of using this simple technique, you should begin to feel the rejuvenating powers of true relaxation.

My Tip Notes:

Quick Leg Work

Even if you're short on time, you can still get a total lower body workout with a couple sets of simple squats each day. Squats work the muscles that protect not only your knees, but also your hips and ankles. Proper form is key. Start with feet shoulder-width apart. As you slowly bend your knees and lower your buttocks, your thighs should drop no lower than parallel to the ground and your knees should not extend beyond your toes. Repeat 8 to 12 times for each set.

My Tip Notes:

Walking Form

When you walk for fitness, you need to do it right if you want to maximize calorie burn and prevent injuries. To check your technique, have a friend watch you walk, or stride on a treadmill in front of a mirror.

Try this: Look 6 feet in front of you as you walk. Keep your head level, with your ears over your shoulders. Keep your shoulders dropped, not hunched. Keep your abs firm but not so tight that you can't breathe. Lift up and out of your hips to allow more swivel. Tuck your pelvis slightly by bringing your belly button back toward your spine. Point your knees and toes forward, keeping your feet parallel. Push off with your back foot, and roll from heel to toe as you walk. Avoid walking on the inside or outside of your feet.

My Tip Notes:

Better Sleep

1. Stick to a schedule, and don't sleep late on weekends. Instead, go to bed and get up at about the same time every day.
2. Don't eat or drink a lot before bedtime. Eat a light dinner about 2 hours before sleeping.
3. Avoid caffeine and nicotine. They are addictive stimulants and keep you awake.
4. Exercise. If you're trying to sleep better, the best time to exercise is in the afternoon. Physical activity enhances the deep, refreshing stage of sleep.
5. A slightly cool room is ideal for sleeping. This mimics your internal temperature drop during sleep, so turn off the heat and save on fuel bills.
6. Sleep only at night. Daytime naps steal hours from nighttime slumber. Limit daytime sleep to 20-minute, power naps.
7. Keep it quiet. Silence is more conducive to sleep. Turn off the radio and TV. Use earplugs, a fan or some other source of constant, soothing, background noise to mask sound that you cannot control, such as a busy street, trains, airplanes or even a snoring partner.
8. Make your bed. A good bed is subjective and different for each person. Make sure you have a bed that is comfortable and offers orthopedic, correct sleep.
9. Soak and sack out. Taking a hot shower or bath before bed helps bring on sleep because they can relax the tense muscles.
10. Don't rely on sleeping pills. Check with your doctor before using sleeping pills. Make sure the pills won't interact with other medications or with an existing medical condition.

My Tip Notes:

Exercises For Stay-At-Home Moms

For moms with young children, it is often hard to plan a workout program. Often, everyday exercise of cleaning, picking up the kids, and picking up after the kids becomes the official workout program. Any exercise is great and counts towards the Surgeon General's recommendation of 30 minutes of moderate exercise each day. If, however, you desire a more structured workout routine, the following are some suggestions:

- Walk with your baby in a stroller.
- Buy a front pack or backpack to carry your baby while you walk.
- Jog with the baby in a baby jogger.
- Cycle using a bike seat for babies.
- Buy a baby cart to pull behind the bicycle.
- Include your child in your workout routine. Buy one-pound weights and play "Simon says."
- Use workout balls and let the kids play with the extra balls.
- Use workout balls and include your child in the exercise--for example, you can sit on top of the ball holding your child and bouncing until you feel abdominal muscle burn.
- Do bent-knee push-ups while piggybacking your child.
- Spread out toys around your exercise bike or treadmill and work out as long as the kids will play on their own. Keep special toys for this special occasion. Let them play with workout balls, blocks, puzzles, etc.
- Start a fitness-babysitting club. Each parent takes a turn at babysitting for one hour.
- It takes some creativity to plan a program that will work, but the results will more than pay for the time and effort.

My Tip Notes:

60 Second Mood Lifters

1. When life at the job gets boring and wearisome, wear something you normally wouldn't. You don't have to go overboard, but just add that little something that's out of the ordinary. Maybe it's even your snoopy underpants that nobody has to know about but will make you giggle all day long.
2. Color is a great 60 second lifter. Drape a colorful scarf over the industrial gray chair in your office, or tie a wacky tie to your doorknob. Put a silly doll or cartoon character on top of your computer (I have baseball player miniatures on mine).
3. Laughter is the very best medicine for a 60 second lift. Find or phone a happy friend for a lift. Tell a joke of your own, or ask someone to tell you a joke. Look for something silly on the internet to make you laugh. Rent a silly movie, read the comics. Don't take life so. Laughter is available from a lot of sources.
4. Exercise is also a 60 second mood lifter. And no, it doesn't have to be long and drawn out and sweaty. If you're feeling cranky and tired, just stand up and march in place for 60 seconds. Breathe deep, swing your arms (please close your door first, or you may lift other's moods by supplying #3 above.)
5. Research has shown that hugging and kissing are excellent 60 second lifters. I tell my husband that I always feel better after he comes home. A hug and a kiss from someone important in your life is the best way to change a mood -- even if it's the dog! .

The point of 60 second mood lifters is of course to dispel the idea that all things have to be perfect in order for you to have a happier life. A happier life is truly just 60 seconds away from you at any given moment. Start working on your 60 seconds now.

My Tip Notes:

Your Fitness Program

To receive optimal benefits from your fitness program, include the following:

- Cardio workout - For maximum fat loss, include interval work.
- Strength training - Balance your workout to include all major muscle groups.
- Flexibility - Include yoga a couple of days a week.
- Assessment - Determine the method of evaluating your progress. Will it be clothing sizes, body fat percentage, running time or distance, or the amount of weight you are able to lift?
- Reevaluate - If your improvements start to decrease, it is time to redesign your progress.

My Tip Notes:

Breathe For Stress Reduction

Learning to breathe properly can greatly improve your health and reduce the impact of stress on your body. You've probably heard someone say to you when you are upset, "Take a deep breath." That is good advice! Our emotions are directly linked to our breathing. The next time you are upset or angry notice how you are breathing. You may not be breathing at all! If you take the time to learn Yogic Breath it can become a tool to reduce the impact of stress on your body

My Tip Notes:

Before You Start Weight Training

Weight training is a great addition to any workout routine. It builds up the muscles, which in turn burn more calories than fat or a non-muscular body, thus helping you to continue losing fat and weight. If you are just starting a weight routine, here are some pointers.

- Start slowly - start with 1-2 lbs and just one set of 8 reps
- Exercise all of your major muscle groups and rest for a day in between lifting
- Use a machine rather than free weights
- Lower the weight if you cannot do eight repetitions
- Increase the weight by 5 to 10 pounds if you can lift it comfortably after 15 reps

My Tip Notes:

Nutrition And Diet

Super Healthy Snacks

The National Cancer Institute recommends we eat at least five to nine servings of fruits and vegetables every day. The nutrients they contain-vitamin C, fiber, vitamin E, folic acid, all kinds of phytonutrients, plus potassium and magnesium-may also help reduce our risk of heart disease and stroke. On days when it's hard to fit them into meals, focusing on eating them as snacks is a big help.

Crunch on carrots in the afternoon. Slice an apple along with your breakfast. Have an orange for a mid-morning pick-me-up. Working fruits and veggies in throughout the day makes it easier to reach the daily intake goal.

My Tip Notes:

A Simple Way To Help You Lose Weight

Health and fitness experts agree that one of the primary causes of obesity in Americans today is our excess consumption of fat. The problem lies in the fact that fat possesses heavy amounts of calories with little or no vitamins. Add to this the fact that many Americans fail to do any exercise and the potential for excess weight and coronary problems significantly increases. One might ask what can I do to guard against becoming overweight or suffering from coronary trouble later in life? The answer is simple.

People need to be smarter and more conscious about what kind of foods they consume. They need to determine which foods contain high amounts of fat and cut back on their consumption, while increasing the intake of foods that possess high fiber, low-fat, low-sugar contents. This eating policy combined with periodic exercise sessions can help individuals lose weight fast, have a healthier heart, and feel better in general.

Health experts recommend that people also remember the following:

1. Don't take the elevator, when you can walk up a single stair flight
2. Eat foods that one would serve to their children
3. Control the amounts of food you consume
4. Feel free to alter recipes for good health's sake
5. Don't feel like you have to finish all of your dinner.

My Tip Notes:

Fuel For Busy People

Think you're too busy to eat right? Think again. Chances are, you're too busy not to eat right. Your body needs the right fuel to keep it working its best. Burgers and fries from the fast-food drive-thru may save you time, but they sabotage more than just your diet. Fatty meals undermine your productivity--the very thing you need to make it through a busy day. It's all in the way your body processes the food. Fatty foods force your body to divert blood to your stomach to aid digestion. The result: Your brain and the rest of your body get shortchanged. You feel sluggish, even sleepy. Your work suffers.

If you can't afford the productivity loss (and if you'd rather not clog your arteries and add inches to your waistline), hit one of the fast-food sandwich shops that offers low-fat, low-cal choices. Or brown-bag a light, nutritious alternative. A tuna salad sandwich on whole-grain bread, along with some baby carrots and an apple, will keep you clicking along at peak performance through the rest of the afternoon.

My Tip Notes:

Eight Healthy Steps

Here are eight things you can start doing today to help you lose weight and get fit. These habits will far outlast the fad diets that seem to be taking over.

- Use milk instead of cream in your coffee.
- Park your car on the edge of the parking lot.
- Order grilled instead of fried foods.
- Satisfy your sweet tooth with fresh fruit or suck on a piece of hard candy.
- Do 100 sit ups before going to bed.
- Eat whole fruit instead of drinking juice.
- Use lemon instead of butter or margarine on vegetables.
- Enjoy a small portion of baked chips on occasion.

My Tip Notes:

Getting Your Spring Fruits And Veggies

- At breakfast, top your cereal, waffles, pancakes, or toast with fresh strawberries, blueberries, bananas and other brightly colored fruits.
- Whip up smoothies made from fresh or frozen berries, ice, and yogurt.
- Shred your favorite vegetable (such as carrots, red pepper, zucchini) into thin strips and add to spaghetti sauce, lasagna, casseroles, stir-fry, or chili.
- Use broccoli, mushrooms, peppers and other vegetables as pizza toppings.
- Grate or dice vegetables and add them to hamburgers, meatloaf, or tuna salad.
- For snacks, choose fresh or dried fruit, or serve raw vegetables with lowfat dip or salsa.

My Tip Notes:

Downsize Your Dinner Plate

So you're eating healthier than ever, but you're still not losing weight? Maybe you need to work out more. Or, maybe you need to eat less. And let's face it: The former comes easier than the latter. Why? As kids, we were taught to clean our plates, and old habits die hard. Try this simple solution: If you've got trouble with portion control, use salad or dessert plates instead of dinner plates for your meals. You won't be able to pile on as much food, so you'll eat less.

My Tip Notes:

Fiber

When you find foods to eat that are higher in fiber, the result may be pounds lost. Research has revealed that a diet that is high in fiber may boost weight loss efforts.

For faster weight loss, try adding an exercise component to your diet plan. Burning extra calories through walking, biking, swimming, or jogging can help you shed pounds faster than dieting alone. The key to weight loss is burning more calories than you consume. Eating higher fiber foods may help you eat fewer calories by helping you feel fuller longer. High-fiber foods take more time to digest. Foods high in fiber include whole-grain breads and cereals, beans, and certain fruits and vegetables, such as raspberries and broccoli.

My Tip Notes:

Spring Food

Add papaya to the list of fruits you buy each week for an extra dose of potassium. Papaya is a tropical fruit available in many grocery stores and it is a rich source of potassium with 781 milligrams per fruit.

Treat your taste buds to tangerines. Tangerines, citrus fruits that are members of the mandarin family, contain beta-cryptoxanthin. This carotenoid is one of a group of antioxidants associated with improved respiratory health. One medium tangerine also contains half of your recommended daily allowance of vitamin C.

Yogurt is good for a lot of things. The best thing is having it for breakfast or as a light snack before you go workout. This energy-boosting treat fills you up for a while and give you the immune-strengthening tools you need to make it through the day.

Go on and grab some grapes. They're good for your cholesterol. Antioxidant compounds in grapes may help reduce cholesterol levels and other blood fats, a new study reported. The chemical cousins pterostilbene and resveratrol, found primarily in grape skins, appear to have cancer-fighting and anti-inflammatory properties as well.

Eating apples and drinking apple juice may be good for your brain. Researchers examining the effects of apple juice on brain function determined that the antioxidants in apples and apple juice may help prevent some of the damage to memory and brain function that can result from oxidative stress.

Toss a half-cup of spinach into your green salad for extra protection against diabetes. Spinach is a great source of magnesium, a mineral that is essential to many cellular processes. Research suggests magnesium might have a protective effect against diabetes.

My Tip Notes:

5 Major Eating Mistakes From Prevention.com

1. **We Can't Tell Good Fats From Bad Ones** - Some fats are actually good for you. Avoid saturated and trans fats, but you need more monounsaturated and polyunsaturated fats. Good sources are fish, nuts, avocados, and soybean and canola oils. If you keep track of total calories, you don't have to worry about how much fat you eat, just what kind.
2. **We Supersize To Save Money** - People think that supersizing a restaurant meal is a money saver, but it's not a health bargain if it has way too many calories. Judge with your palm, not your purse. A serving size is about what fits into the palm of your hand (larger for men than women, smaller for children). For most meals, pick one protein, one starch, one veggie, and one fruit based on the serving that will fit into your palm.
3. **We Think Anything Liquid Has No Calories** - "What freaks me out is the amount of sugared soda and juice we drink," says Judith Stern, ScD, RD, professor of nutrition and internal medicine at the University of California, Davis. Sugared drinks balloon your calorie intake and squeeze out more nutritious foods.
4. **We Don't Know How "Hungry" Feels** - If you don't know when you're hungry, you don't know when you're full, so you won't know when to stop eating. Tune in with mindful eating. Before you eat, relax, and rate your hunger from 1 (hungriest) to 7 (fullest). Eat slowly, pausing often to rate how your hunger changes. When finished, rate yourself one more time. Try to stay between 2.5 and 5.5: not too ravenous when you start and not completely full when you stop.
5. **We Have A Microwave Addiction** - Many women come home from work and pop a frozen entrée into the microwave. Eating too many heavily processed foods can leave you short on fiber and antioxidants such as vitamin C. Complement frozen entrée with a green salad, a 100% whole wheat roll, and fruit for dessert. Stock up on the freshest fruit for maximum flavor.

My Tip Notes:

Replace One Soda Each Day

Sodas are packed with sugars and calories. Think of how many sodas or coffees you drink in a day. Replace one of those other drinks with a bottle of water instead. If you have a coffee for breakfast, a coke with lunch and a soda for dinner, choose to have water instead of one of those three times. Just reducing your sugar and calories that much each day may be enough to make a difference in maintaining or gaining.

My Tip Notes:

Body Composition Vs. Body Weight

Body fat is not a fact of heredity. Heredity might determine where you tend to store excess fat, but body fat is usually caused by lifestyle. During the teen years, the number of fat cells becomes constant. The only change in these cells is the size of a cell. The more fat stored in the cell, the larger the cell becomes in size.

One of the rewards of aerobic exercise is the development of more fat burning enzymes. Conditioned tissues burn more fat, not just during exercise but all the time. This helps to reduce the amount of non-essential fat. In a combination of the right amount of daily calories for a healthy weight, cardiovascular exercise, and strength training to tone muscle mass, the body can eventually arrive at the optimum health.

My Tip Notes:

Eating Lean And Losing That Gut

Desiring a flat stomach? Watch what you put into it. This is not to say that you have to start living on tofu and such, just that in order to get that flat stomach that you so desire you will have to make a change in your diet. Here are a couple of tips for you that might help you get into the shape of your life.

- For one you have to first start to cut down on fatty toppings like mayo, butter, sour cream and salad dressing
- Cutting back on cheese and red meats help a lot too
- Graze rather than gorge: Eating four to six small meals a day helps your body burn fuel more efficiently

My Tip Notes:

Staying Thin

Trying to lose weight and keep it off? You must first stop eating as soon as you feel satisfied, not stuffed. Excess food will make you look and feel bloated. You should also only eat when you are hungry, regardless of the hour. Just because the clock indicates lunch does not mean you must eat.

If you are the type of person who is always hungry, try drinking six to eight large glasses of water daily. Also, sip antioxidant-rich green tea between meals, its grassy note can curb your appetite.

My Tip Notes:

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