



10 Trainer Tips

1. Your mental image of yourself defines what you will work to achieve. What is your reason for exercising in the first place? Is it so your clothes will fit better, or to be able to ski/snowboard this winter without dying on the slopes? Developing a strong mental image that is specific and positive will help motivate and guide your decisions.

2. Nobody eats enough GOOD food. This one is huge, as most women are on a perpetual diet, and pride themselves by not eating, or skimping along with a minimal meal in order to splurge later. Wrong! By 1pm, you should have already eaten breakfast, a snack, lunch, and be getting ready for another small snack. You need to take a counter intuitive approach to your diet and until you start eating, the diet cycle can trap you.

3. Your body adapts to everything. This applies to your diet and exercise, or lack of it. If you start walking a route in your neighborhood or running on a treadmill and think you can just do that forever- wrong! Ever noticed you start on new cardio equipment at the gym and it is hard to get through 20 minutes, but after a month you are hardly out of breath? That means it is time to mix it up and do something new. Try adding an incline or hills and short fast intervals to your cardio.

4. The word "Carbs" is a misnomer for dieting. If you are taking all carbs out of your diet, you are depriving yourself of one of the four necessary nutrients for your body, as well as vital B complex vitamins and critical fiber. Complex carbs contain valuable nutrients responsible for energy production. Cut out the simple processed carbs like cookies or crackers, and replace with plenty of whole grains, oatmeal, or brown rice. So, be smart when choosing carbs and don't cut them out!

5. Memories dictate bad habits. Ever wonder why you buy the same things over and over again at the store? Do you buy Doritos or chocolate chip cookies because your mother did? Change up your menu! Replace those frozen waffles with homemade flap jacks and add fresh berries. Skip the canned soup and make your own with fresh local ingredients.

6. Face up to your personal statistics. This is a much needed wake up call for most women. Rather than just knowing your weight on a scale or your size of clothes, do you know your body fat percentage, your basic heart rate or the number of maintenance calories you should be eating for your age? Knowing your vital statistics is a must. At Mountain Girl Fitness, all campers are provided this information the first week of camp.

7. All or nothing exercise gets you nowhere, (or hurt). For many women, the pants just get WAY too tight, so they get all fired up about working out again, go out and buy new sneakers, and start working out everyday. Then after a week, injuries occur, and they quit. Others may hear about a new type of exercise, and try it without building up first, and get injured. At Mountain Girl Fitness, we encourage that you start with a solid, organized plan that can keep you progressing and organize a workout schedule you can use for the rest of your life.

8. We are not supposed to get weak as we get older. It is not true that we should stop being physically active as we age! Instead, continue with cardio, resistance training and core building for a lifetime. Many exercises such as swimming, yoga and power walking can be done forever.

9. It's all about PUSHUPS!! Come on, be honest, how many "proper" pushups can you do? If you can't do a proper push up you lack core strength. Core strength is the most important area for posture, back support and ongoing health. If push-ups aren't in your regular fitness routine, they should be!!

10. Don't underestimate the importance of drinking WATER. Staying properly hydrated can actually aid in weight loss. Often times hunger is mistaken for dehydration. So, you might eat when your body in fact needs water. Drinking water instead of other sugary drinks will help you avoid taking in all those extra empty calories!!! So, drink up! Drink water often and regularly!!!