

## Healthy Tips To Look & Feel Your Best

# Fitness 101

### Get Your Heart Pumping

At least three times a week, for no less than 20 minutes a session, raise your heart rate and increase your vitality while you build cardiovascular health through aerobic exercise.

Any sport that uses your big muscle groups (thighs, legs, and upper back) including jogging, skating, biking, cross-country skiing and dance aerobics should do the trick.

### Taper Your Tummy

Firm, toned stomach muscles help support your spine and decrease the risk of heart disease. It's the first area in most people's bodies to hold extra weight, and the first to give it up. Maintain a trim tummy by eating low-fat meals and exercising regularly.

### Pump A Little Iron

Using weights helps build muscle and increase bone density. It also boosts your body's calorie burning ability, which means you can eat more and still maintain your best weight. Two or three times a week using hand weights or machines, such as the Nautilus, should bring about the desired results.

### Stretch Your Muscles To Avoid Injury

Help your muscles remain flexible and your joints and ligaments remain supple by stretching every day to avoid the injuries caused by stiff muscles and joints. Whether you take a formal class in calisthenics or yoga, or tailor your daily stretching routine to your chosen activity, stretching should become a part of your overall fitness plan.

### Walk Your Way To Fitness

Whether you walk a fast pace or moderate stroll, daily walking will enhance your overall fitness. Thirty to forty minutes around the neighborhood or your school's track should do it.



### Burn, baby, burn!

Today, many nutritional messages can be very confusing. Good carbohydrates or bad carbohydrates, low fat or no fat, what's the right balance for me? Most experts agree that a well balanced diet with proper nutrition and exercise is the key to a healthy lifestyle. Check out the table below. We have listed various activities and how many calories are burned in ten minutes for people of various sizes. Be sure to visit our web site at [www.lookinggood101.com](http://www.lookinggood101.com) for more information and links on proper nutrition.

Activity & Calories (10 minutes)	125 lbs	150 lbs	175 lbs	200 lbs
<b>Aerobics (high intensity)</b>	<b>95</b>	<b>115</b>	<b>134</b>	<b>153</b>
<b>Gardening</b>	<b>41</b>	<b>49</b>	<b>57</b>	<b>65</b>
<b>Racquetball</b>	<b>75</b>	<b>90</b>	<b>105</b>	<b>120</b>
<b>Running (9 min/mile)</b>	<b>109</b>	<b>131</b>	<b>153</b>	<b>174</b>
<b>Shopping</b>	<b>35</b>	<b>42</b>	<b>49</b>	<b>56</b>
<b>Sitting or sleeping</b>	<b>10</b>	<b>12</b>	<b>14</b>	<b>16</b>
<b>Standing (light activity)</b>	<b>20</b>	<b>24</b>	<b>28</b>	<b>32</b>
<b>Volleyball</b>	<b>28</b>	<b>34</b>	<b>40</b>	<b>45</b>
<b>Walking (15 min/mile)</b>	<b>44</b>	<b>52</b>	<b>61</b>	<b>70</b>
<b>Walking upstairs</b>	<b>150</b>	<b>175</b>	<b>202</b>	<b>229</b>