



Newest New Year's Resolutions

By Joe Stein, President



Some say the definition of insanity is doing the same thing again and again and expecting a different outcome each time. If this sounds like your approach to making and breaking New Year's resolutions, may I offer the following easier-to-keep resolutions designed to help reduce your weight in 2008.

I Resolve:

- 1) Not to eat snacks out of the bag or box. By using a plate or bowl, you will begin to exercise some form of portion control. The concept of a "serving" will begin to take root. By indulging your cravings in a more controlled manner, you can save on calories and still enjoy your treats. Impact: If you can reduce your snack consumption by four one-ounce servings of potato chips a week, the yearly weight loss would be eight pounds!
- 2) To walk at least twenty minutes per day at a quick (3.5 MPH) pace. If walking is currently part of my regime, I resolve to add ten minutes to my daily walks. If done five days per week, the extra calorie expenditure will result in about seven pounds of weight loss per year!
- 3) To reduce my alcohol consumption to four glasses of wine or beer (or four cocktails) per week. If current consumption is ten per week, (which is less than one and a half drinks per day,) the resultant calorie savings will yield a twelve-pound per year weight loss!
- 4) To start a structured program of strength training. Whether this means getting a trainer to work with you in the gym, having a trainer come to your home or using the equipment in the basement that has become a giant clothes hanger, just start! A gain of only one additional pound of muscle mass will increase your metabolism by burning an additional 50 calories per day...resulting in five pounds of weight loss per year!
- 5) To take up an active hobby or sport this year. Bicycling, dancing, golf, hiking, roller skating, swimming and tennis are all good choices. On average, the above activities burn 123 calories per hour. If done one hour per week, you will burn off an additional five pounds of weight per year!

The small evolutionary changes detailed above will prevent a combined weight gain of 37 pounds per year! No one wakes up one day and suddenly finds themselves 40 pounds overweight. The way to maintain ideal weight over a lifetime is like eating an elephant...taking one small bite at a time.

Joe Stein, B.S., M.B.A., is a certified personal trainer, weight management and lifestyle consultant and owner of Renaissance Fitness & Wellness. Call 732.345.5151 or e-mail Joe@RenaissanceFitness.com with questions or to receive a complimentary fitness consultation and session.