

2008 resolutions mean focusing on family fitness

If you haven't decided on a New Year's resolution, let me give you a hint: your families' health and well-being. The saying, "a family that plays together, stays together," could not be truer of 2008.

A primary health focus for 2008 is on long-term weight loss. A balanced healthy diet, drinking lots of water and exercise is the recipe for helping your family stay on track. Another helpful approach is to participate in community run and walk events, buy more organic foods and support causes that allow you and your family to get out and about.

Follow these keep points to a successful and healthy approach for your families' new year:

- Be positive
- Set easy and realistic goals
- Be specific about your goals
- Exercise control over your goals

Remember to also consult with a fitness and health professional for a family assessment, establishing a starting point and setting goals. January to May is a busy time of the year for most fitness clubs, so make the most of all the perks you get when you sign up.

Here's a simple sample workout for 2 – 3 times a week to help your family get a jump-start on a healthy 2008:

Warm up (5-7min):

Walking
Light jog

Exercise (30 min):

3 sets of 17 reps
Lower body-Regular squats
Upper body-Push ups (with knees on the floor for support)
Core-Ball sit-ups
Balance-Single leg hops (left-right and vice versa, forward and backwards)

Cool down (2-5 min):

Stretching

Remember the harder you work the more you burn!

For more information regarding your family's health and well-being, please visit Fit-for-Me at www.fit-for-me.org.

Wishing you and your family much success in 2008,

Don-Miguel

President and CEO, Fit-for-Me Foundation, Inc.

Fit-for-Me Foundation advocates and advances fitness and wellness programs and services directed to better the lives of young people (K-College). The foundation was established in March 2006 by Don-Miguel, founder of Don-Miguel Fitness, and is recognized as a 501(c)(3) non-profit public charity.