

Find the Right New Year's Resolution to Get into Your Best Shape Ever!

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By Diana Keuilian

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Five easy resolutions to make you lean in 2005!

Yep, it is that time of year again! Time to moan and groan about the weight we gained over the holidays as we resolve to lose it all in the New Year! If memories of failed New Year's resolutions are haunting you, it is time you found the right resolution for 2005.

The reason that most New Year's Resolutions fail is that they are too extreme or time consuming. Who is really going to give up all sweets or stick to sweating in the gym for hours each day? What you need this year is a New Year's Resolution that is simple enough to become a part of your daily life, and will lead to long term weight loss. Read on for five simple yet effective New Year's Resolutions for you to choose from.

Resolution #1: Drink a large glass of water before each meal.

This simple action will save you mountains of calories in the coming year! By filling your stomach with water right before you eat you reduce your chances of overeating during the meal. Drinking more water is also healthy for all of your body functions, including converting body fat into usable energy.

Resolution #2: Wait 20 minutes before deciding on seconds.

Do you remember the last time you were uncomfortably full after a meal? Chances are that you were hungry and, rather than stopping when you were satisfied, you overate. In the same way that your body tells you when you are hungry, it also has a way of telling you when you are full. The catch is that it takes about 20 minutes for your brain to get the message from your stomach that you have eaten enough. What you eat during that 20 minutes is extra food that your body doesn't need. Next time that you are in the middle of a meal contemplating getting yourself seconds, allow 20 minutes to pass before you decided if you still need the extra food. Chances are that your brain will get the "full" message and you will pass on the extra calories!

Resolution #3: Walk or Jog in the morning.

Did you know that going on a 15 minutes walk right after waking contributes to weight loss? Getting out

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of bed 15 minutes earlier, lacing up your tennis shoes, and simply walking around the block will lead to fat burn and lost pounds! When you get up and move first thing in the morning, before breakfast, your body is more likely to use stored fat as energy. Weight loss is supposed to be harder than this, right?

Resolution #4: Obey the No Food Three Hours Before Bed Rule.

Eating a snack after dinner is a widely held habit. Although food always seems to taste better right before bed, it is also more prone to stick with you when eaten late at night. It has been proven that not eating three hours before bed reduces fat storage throughout the night. If you go to bed at 10pm, finish eating for the day no later than 7pm. Once you have made this a habit you will be ecstatic over the long-term weight loss!

Resolution #5: Spice up your Workouts with Circuit Training

Are your workouts consisting of the same exercises in the same order at the same weight? If you find yourself falling into a rut at the gym give circuit training a try. Start by doing one set of your first exercise and then moving on to do one set of your second exercise. After you have done every exercise once, start again from the top! If you want to burn extra calories add 5 minutes on a bike between each set. Get creative and add new exercises into your circuits, and your workouts will be fun and energizing!

Now all you have to do is pick one of these New Year's Resolutions, make it a part of your daily life, and watch as the pounds fall off in 2005!

Diana Keuilian, author, ACE certified Personal Trainer, and co-founder of [HitechPersonalFitness.com](http://www.hitechpersonalfitness.com) offers online personal training and nutrition programs that fit your budget and schedule. Whether your goal is to lose weight, firm and tone, or to build muscle, [HitechPersonalFitness.com](http://www.hitechpersonalfitness.com) will build a custom designed program just for you. Visit: <http://www.hitechpersonalfitness.com/> and begin meeting your fitness goals today!

Seven Tips to Keep up Your New Year Resolutions

By Lakshmi Menon

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There are many people who enthusiastically make their New Year resolutions with a fond hope that they will stick to them and thus make changes in their life for the better.

But they will soon find that they cannot keep up those resolutions and are back to their old life. How sad it is!

Some may be able to make it last for a week, or maximum for a month or two, and slowly give it up. Hardly a small

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percentage of people can actually keep up their resolutions to their satisfaction.

Are you one of them belonging to the former category? If so, the following tips will help you to stick to your resolutions. I have found them personally useful on most of my resolutions.

1. Before making the resolution, think carefully and ask yourself whether you really want to do that or not.
2. If your answer is "Yes" make a firm decision that at any cost you will see to that you will keep it up.
3. Once you have made up your mind to your resolution which you believe is better for your improvement, write it on a piece of paper and read it loudly, at least five times, until your mind absorbs it fully.
4. Make a few copies of that matter and stick them in your favorite places at home. One paper should be in your bedroom, which if you can see as you get up, will be fine.
5. Every day as you get up after your prayer, just read that piece of paper where your resolution is written. Read it at least 3 times.
6. The other pieces of paper should be pinned in the kitchen, drawing room, and another one on your computer. When you come to your computer side you will not miss it, but without your knowledge your attention will pass through that piece of paper as you wait for your computer to get booted, which will remind you of your resolution.
7. Finally at the end of the day, when you go to bed, remember to repeat your resolution at least twice affirming

that you are going to keep up your resolution, at any cost.

When you follow the above tips, you will feel very happy that you have not broken your resolution and you are able to keep it up successfully, as the way you wanted it.

Lakshmi Menon has written articles and short stories. Now she is involved in internet marketing. Visit <http://www.net4homeincome.com>

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