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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Fitness Resolutions

By Aimee Deak

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The holidays are now officially over and it's time to get back on track! January 1st is the day we all get to start over. A time to make the changes in our lives that we've wanted to make but got sidetracked along the way. So, you've had your fill of tempting treats. The holidays are always exciting and indulgent. Now that they're over, hopefully you'll never want to look at another piece of pumpkin pie or vat of mashed potatoes. Starting a healthy eating program will be a pleasure instead of a chore.

Maybe emotionally, you're ready for a change. For most Americans, New Year's is a time of new beginning and emotional rebirth. You may feel the desire to alter your way of life or spend more time focusing on yourself. There's no better time to improve your health.

Also, there's plenty of time to prepare for the next holiday season. You've got a whole year to adapt to a healthy lifestyle. The next time the holidays hit, you'll be better prepared to enjoy yourself without overindulging.

Approximately 90 percent of Americans make at least one New Year's resolution each year. Unfortunately, no matter how well intentioned they are, most people fail to keep their resolutions.

Here are a few ways you can ensure your success:

1. **SET OBTAINABLE GOALS.** It's reasonable to lose 10 percent of your starting weight within 3 months. The goal of the EVERY BODY LOSES plan is to help you learn how to make healthy eating choices that you can carry with you for life. Rather than focusing on losing as much weight as you can as quickly as you can, realize that, if you follow the plan correctly, this could be the last program you'll ever need.
2. **SET SMALL GOALS AND REWARD YOURSELF OCCASIONALLY.** With the EVERY BODY LOSES plan, you may choose to set mini-goals. Once you reach your mini-goal, you can reward yourself and move on to the next mini-goal. Do not always give yourself food as a reward. Instead, treat yourself to new clothes that flatter your new body or a DVD of a favorite movie.

3. **SURROUND YOURSELF WITH SUPPORTIVE PEOPLE.** You'll be more likely to succeed if you have friends or family offering you encouragement and praise.

TOP 10 NEW YEAR'S RESOLUTIONS

Here is an interesting list of most common New Year's Resolutions. Whether you're starting a new diet, committing to a regular exercise routine, or promising to spend more time at home, chances are there's someone else out there with the same idea. Does yours make this list?

1. Lose weight
2. Exercise more
3. Spend more time with family
4. Get out of debt
5. Work less
6. Quit smoking or drinking
7. Get involved in community service
8. Read more
9. Get organized
10. Live life to the fullest

Be well & stay fit!

Aimee Deak
Personal Trainer & Nutrition Analyst
AIM 4 NUTRITION
<http://www.aim4nutrition.com>

Aimee Deak is a certified personal trainer, nutrition analyst and author of the book, "Every Body Loses", an easy-to follow, step-by-step guide to fat loss. You can find more information about fat loss and exercise on her website www.aim4nutrition.com

Resolutions in the Job Search Just Don't Work!

By Marilyn J. Tellez, M.A.

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New Year's Resolutions
in the Job Search
Just Don't Work!

Let me explain about why I think resolutions to find a new job don't work. New Year's resolutions are too ephemeral! They are a signal that something needs to change within a person, but the dedication to change isn't really there. It's a lot of wishful thinking, isn't it?

How to make a resolution work for you?
Here are my tips.

1. Write them down. Refer to them often. Make any small changes as you move along.
2. The resolution needs to be realistic. Concrete resolutions that need action can't be ignored for long.
3. Make something happen that is on your resolution list. Take one of the items on your list and diagram or write what you must do to make the change. (Calling on employers could be on the list).
4. Keep moving. Your resolutions need to be fulfilled. Don't take your own "no" as the answer. Persevere, start over as need be.
5. Be successful in achieving a goal.

Marilyn J. Tellez, M.A. Certified Job & Career Transition Coach (509) 469-3514



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