

physical

Get Fit and Stay Fit All Year

Starting a new exercise program at the first of the year is a good thing, but the most important thing is to maintain it all year. **Here are tips on how to get fit and stay fit all year:**

- Choose fitness activities that you enjoy and that fit your personality.
- Write down why you want to exercise. Keep this list somewhere visible for motivation.
- Establish attainable short-term goals that give you something to work toward.
- Start slowly. This will help you achieve the most benefits with the least risk, especially if you've not been active for a while.
- Take time to celebrate your achievements. Avoid food rewards, especially if weight loss is your goal.
- Make stretching a part of your workout routine. Stretch before and after each workout.
- Check with a doctor before beginning an exercise program. This is especially important as you get older or if you have a history of health problems.



Take a Swing at Fitness

Playing racquetball gives you a great cardiovascular workout. You can burn calories and get an upper and lower body workout at the same time. **Remember these tips:**

- Learn how to play the game and how to be safe.
- Relax your wrist muscles when holding the racquet.
- Wear protective eye gear.
- Be aware of your opponent's location on the court to prevent collisions.
- Take frequent water breaks.



Stay Safe on the Slopes

- Take a lesson. The best way to become a good skier or snowboarder is to take a lesson from a qualified instructor.
- Be aware of the snow conditions and how they can change. Check the weather forecast before you go out.
- Dress in layers. Layering allows you to accommodate your body's constantly changing temperature.
- Know your limits. Choose slopes according to your skill level.
- Drink plenty of water so you don't become dehydrated. Curb alcohol consumption.
- If you're tired, stop skiing and rest before going out again.



For more information, visit the National Ski Areas Association at www.nsaa.org.

family

Meal Time Makes Quality Family Time

Nourishing your body through healthy meals can also nourish *family relationships*. Whether it's in the home or at a restaurant, there's a reason that people gather together around food. Why do you suppose this is? It may be because it's a chance for them to become closer as family and friends as they share stories of their day and give words of wisdom and encouragement. It's a chance for each family member to be heard and feel validation. If you use good listening skills, loved ones feel love and acceptance.

Keep the conversation focused on positive thoughts and save the lectures and heated discussions for another time. Mealtimes shouldn't become a dreadful scolding time that puts everyone off from wanting to be together. Laugh often, and laugh loud. It will keep you and your family happy, healthy, and everyone's attitude heading in the right direction. Just don't get too carried away by laughing so hard milk comes out your nose.

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fast-moving family full of homework and extracurricular activities. Make sure to turn off the television or radio and put the telephone on vibrate so that this time is quality time.

Encourage all family members to participate in the meal preparation – from menu suggestions to the experience of preparing and cooking meals and cleaning up together. Children learn more by doing rather than watching, and it gives them a sense of being needed in the family. Focus on the shared experience as opposed to how elaborate the meal. Make memories that will stay with the family throughout the years.

All families have strengths and weaknesses. Eating together as often as you can is a simple, enjoyable way to build on the strengths and values of your family. When you're too busy for a family meal, you may want to reevaluate your schedule, as it may be too busy. Sharing positive mealtimes not only strengthens the family bond, but it's a healthier way to digest and metabolize your food.

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