

KEYS TO BETTER HEALTH™

New Year, New You!

Goodbye holidays, hello New Year and new you! The start of a new year is the perfect time to establish new health-smart routines, and a commitment to regular exercise is one of the smartest decisions you can make for your body.

Keys To Better Health™ wants to help you get moving and make 2015 the year of healthy New Year's resolutions met!

Start by following a healthy diet with at least five servings of fruits and vegetables a day. Without a proper diet, exercise can only help so much, and your body needs the proper nutrients to run at optimum levels – and you need to be at your best when starting any exercise regimen.

Hip, Cool, New Ways To Work Up A Sweat

Following are devices that can be used to help promote, track and change exercise behaviors:

- Fitness apps that can track frequency/duration/intensity of exercise as well as nutrient/calorie intake
- Wearable devices like FitBit or Jawbone that tracks steps, miles, calories burned, and much more
- Heart rate monitors and pedometers
- Portable GPS units that can map your running/walking route and keep track of distance traveled
- Interactive video games like Wii Sports. This is a great way to get the whole family involved, even the kids!

Most of these new gadgets can be synced via Bluetooth to a smartphone, tablet or computer to



showcase your health data through analytical charts and easy-to-read summaries.

GET FITTE! The National Academy of Sports Medicine has established “F.I.T.T.E” principles that you can apply to any of your favorite exercises:

- Frequency – ideally, 5-7 days per week
- Intensity – moderate, enough to raise heart and respiration rates
- Time – 30 minutes a day
- Type – general activities like walking, running, swimming, gardening, etc.
- Enjoyment – the greater the better!

Smart and Functional Workouts

You no longer have to spend hours in the gym to build a better you. You can try these training styles at home.

- HIIT training (High Intensity Interval Training) involves short bursts of activity followed by a short period of rest or recovery, usually completed in 30 minutes or less.
- Body Weight Training uses your own body weight as a form of resistance training (ie., pushups, pull-ups, burpees, etc.). It's free and you don't need a gym membership – you can do this type of training in the comforts of your home or while traveling.

It's time to get to work and start 2015 with an exciting new exercise regimen, and **Keys To Better Health™** is here to help you every step of the way!

