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Let Freedom Ring

By Tanya Fly

I literally didn't know what I would be writing about until about an hour ago, (Sunday afternoon by the time you're reading this). Why so last minute? Well, I really don't do "forced" well. Even now as a co-parent, single, working mother of 2 with many responsibilities and even more commitments I still consider myself to be what some would coin a "**Free Spirit**". This doesn't play out anymore in that *Bohemian Artist in the studio all day livin' off tea and peanut butter sandwich's cuz' all you*

need is love sort of way like those yester-years. No, free spirit for me now is really about always trying to live my life in a way that is truly authentic to **me**. As long as I feel I'm living that way everything that happens with or in it is really all good. However, over the last few months I began to experience both physically and emotionally a disconnect in my spirit for a variety of reasons which began to drain me. I felt like I was giving more than getting and no one beyond myself could care less.



PHOTO: JFLY

People can you feel me on this? Now I really didn't know exactly what to do about it at the time but **what I did know** was that I wouldn't find the answer having someone hold my hand for too long or swooping down to save the day. I would only begin to feel better if con't pg 2

I continued doing the things I did know were already good to me in my life while trying to maintain a willingness to stay open to what was to come -- whatever that might be.

So I kept my doctor appointments I made for myself, (easily forgotten when I get too busy), hung out with my reading buddy's through the Power Lunch program. Got our baseball back on for the boys, my sister and their dad, began the NU KIDZ program and after Lent I ate wayyyy too much lobster ravioli. 8-)

When issues began to arise, I didn't allow myself to shrug my shoulders and go, "Oh well." "Nothing I can do." I decided during Lent that I would avoid procrastination...my word, my bond.

That decision morphed into some Spring Cleaning of *stuff* that simply got in the way of feeling my best. Nothing clears up mediocrity quicker than taking **victimhood** out of the equation. I highly recommend it--whatever that means for you. So scroll on through the **16th** issue and Let Freedom Ring, baby!

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Family Exercise with Wii Fit - Facts and Fiction

The following was adapted from the article in USA Today by: **Kim Painter**

Are Wii fit yet? As a nation, we definitely are not in good shape. But 10 months after the launch of Nintendo's Wii Fit— the first hit video game marketed as an exercise tool — there are signs that, with the help of gaming systems, some of us might be making progress.

In January and February, Wii Fit was the best-selling video game in the USA and had sold more than 6 million units, yoga I says market researcher NPD Group.

Think about it: A game that teaches yoga poses and calisthenics is outselling games that teach warfare and auto theft. Marketers have noticed. More “exergames” are in stores or on the way: The latest, Gold's Gym Cardio Workout (from Ubisoft, for Wii consoles), goes on sale Tuesday.

Fitness experts have noticed, too. Though no one says exergames will solve the nation's obesity problem, many hope they will produce real benefits.

“Some exercise is better than none,” and “none” is what many people get, says Cedric Bryant, chief science officer of the American Council on Exercise.

People who use exergames certainly move. In Wii Fit, users are invited to try yoga, strength exercises, aerobic activities and balance games while stepping and gyrating on a movement-sensitive board and following an on-screen trainer. The game tells users they are toning their bodies, improving posture and balance and burning calories.

But how much good does it do?

The exercise council is conducting a study to find out. So are researchers at the University of Mississippi. They are lending the game to eight families for three months and recording the results, says Scott Owens, an associate professor of health and exercise science.

“I think that for people who have been inactive, there's a good chance they can see improvements,” Owens says. And the game may inspire some to join real yoga classes or jog outside, Bryant adds.

Even hard-core athletes may find some use for such games, says Sue Stanley-Green, a professor of athletic training at Florida Southern College in Lakeland. She is trying Wii Fit as a rehabilitation tool for athletes who are recovering from surgery or injury.

More fitness games on the way

Of course, any exercise program can cause injury. Exergames are no exception, experts say. They also worry that people will substitute light game workouts (such as the three-minute hula-hoop sessions on Wii Fit) for more rigorous activities (such as brisk 30-minute, real-world walks). And they say an ideal exergame would offer more useful feedback than Wii Fit, and some early imitators do.

But games that are more demanding, more interactive or both are on the way or already available, says Stephen Yang, assistant professor of physical education at the State University of New York-Cortland. For addictive, calorie-burning fun, Yang recommends Eye Toy Kinetic (for PlayStation2), a workout game that points a camera at the user to track movements and provide instant feedback.

He also likes tween favorite Dance Dance Revolution (for various game systems), which is not marketed as an exercise game but fits the bill. And he directs parents to Gamercize, a British import that connects to any video game system — and keeps it running only as long as the user keeps moving on a mini-bike or step machine.

The future will bring games that track heart rates and keep exercisers working at a challenging but safe pace, he says. Virtual group workouts, with participants connected online to a live coach, will happen, too, he says.

Resource: Blog on WordPress

8 Nutrition tips to get in shape

by Chris Mattingly

It takes a lot of hard work and discipline to achieve an enviable toned body. But with a some basic nutritional knowledge you could achieve your goals faster than you thought. Getting the right balance of food, exercise and dedication may seem a hard task but putting your mind to it is the first hurdle. For starters, try following these eight essential nutritional tips

1. Eat more often!

That's right. By spacing out your meals to every 2.5 - 3 hours you will actually help yourself lose weight. Instead of eating 3 large meals a day, divide this into 6 smaller meals. Not only will the more regular flow of nutrients into your body help raise your metabolism (and burn more fat in the long-run), you will also feel less hungry.

2. Don't forget Brekkie!

Research has shown that people who miss breakfast find it harder to lose weight. Breakfast, in short, is the most important meal of the day and is essential for getting your metabolism firing. Let this be your biggest meal of the day - after all, you've starved yourself for at least 8 hours whilst sleeping.

3. Take your time

It can take up to 20 minutes for your brain to register that your stomach is full after you have finished eating. Don't rush your food and savour every mouthful. The more slowly you eat, the fuller you're going to feel

4. Eat protein at every meal

Put simply, foods high in protein make you feel fuller quicker and for longer. Choose meats such as chicken, turkey, or low fat mince, or any type of fish. Protein is also essential for muscle growth and repair

5. Cutting the calories

To lose a pound of bodyfat, you must burn the equivalent of 3500 calories- now how many packets of crisps is that? If you cut your daily calorie intake by 500 calories a day (about a chocolate bar and a bag of crisps), you'll be losing 1 pound a week. Do this for 3 months and you've lost almost a stone! You don't need to become a calorie counting junkie- just remove foods from your diet you don't really need (however tempting). Increasing the amount of cardiovascular exercise will also help burn the fat. Start off slow and build up - try running for 30 minutes 3 times a week and if you've got more energy, try longer/ more regular intervals.

6. Carbs are good

As much as you may have heard about the infamous Atkins diet, carbohydrates are NOT the enemy. We need carbohydrates for energy whether for short bursts or long-sustained energy sources. Without carbohydrates our bodies may find it hard to adjust to this inherent energy deficit. You may have heard of the glycemic index. Without going into too much detail, the GI is a ranking of foods based on their immediate effect on blood sugar levels. Higher GI foods (i.e. more sugary) are required after exercise to replenish drained sources and lower GI foods for the rest of the time. As a rule of

thumb, stick to complex carbohydrates which take a long time to digest and have a more prolonged release of energy. Foods rich in complex carbohydrates include vegetables, whole grains, and beans.

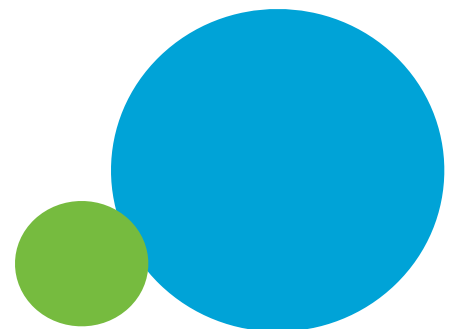
7. Drink Enough Water

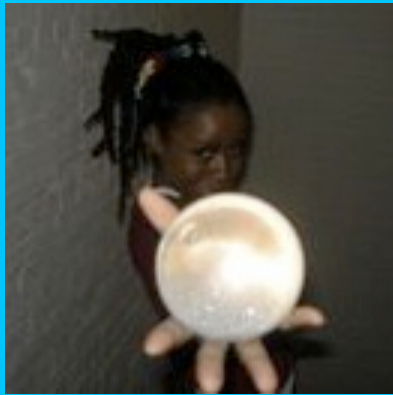
Water is a fundamental part of our lives. It is easy to forget how completely we depend on it. Aside from aiding in digestion and absorption of food, water regulates body temperature and blood circulation, carries nutrients and oxygen to cells, and removes toxins and other wastes. Among its other benefits, water plays a major part in weight loss. Since water contains no calories, it can serve as an appetite suppressant, and helps the body metabolize stored fat - it may possibly be one of the most significant factors in losing weight. If you find yourself getting hungry quickly, trying drinking a pint of water to curb your appetite.

8. Try not to eat before bed

If you're trying to lose weight, this is an excellent method to shift the pounds. Clearly our energy levels plummet whilst we sleep hence it is harder for our bodies to burn the excess calories eaten during the late evening. This is often a simple mistake 'dieters' make early on. Save your food for when you're awake!

Resource:





FINAL WORD JUST A THOUGHT

By Tanya Fly

Where your thoughts go your life follows.

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xoxo

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