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GETTING BACK ON TRACK

Now is the time to start a new regimen. What I suggest to people is to set a goal that is achievable; otherwise, it will never be anything beyond a wish. It could be something as simple as adding a cardio kickboxing class to your routine or maybe joining a friend in yoga. Whatever it is, make it a realistic goal for your lifestyle and write it down to keep yourself accountable! Don't be afraid to try out a few different options until you find something that's going to fit into your new healthy lifestyle.

Variety is just as important in diet as it is in exercise. Now is a great time to introduce new, healthy foods into your diet. If you are struggling to find good recipes, try meeting with a chef or taking a cooking class to inspire creative ideas for nutritious, delicious meals for you and your family. When you're planning out these new meal ideas, it's worth looking into the amount of protein, carbs, healthy fats and calories you are getting out of your meals to make them as positive for your body as possible. When you're setting a goal, it's okay to cheat a little, but be aware of what you are putting into your body so that you know what it will take to get you back on track.

This is also the time when kids are heading back to school, so it's important to pack healthy snacks for them. This will get them used to eating well, and it makes good, wholesome food fun! Another really important thing for kids to be including in their diet is lots and lots of water. Lots of the products parents give kids may claim to be 100% juice, but they often contain other additives, so read labels and be aware of added preservatives and sugars. Avoiding added sugar in your kids' diets will help them to avoid that mid-morning crash. Getting your kids to drink lots of water and eat healthier foods will help to keep their energy and attention span consistently strong throughout the day. >>>

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