



December 2016 Newsletter



*It's that time of year again to start making your
New Year's Resolutions!*

Make your health a priority!



- 1) **Be reasonable**— Make reasonable resolutions, that you think you can keep. For example, if you want to make it to the gym more often, don't start by telling yourself you'll go seven days a week, start by only increasing slightly.
- 2) **Make the time** - Most importantly, book the time! Treat the gym like an appointment in the way that it's something you are scheduled to do. It will soon come to be a habit!
- 3) **Change one thing at a time** — Unhealthy habits develop over time. It's the same thing to try and reverse them, it is not going to happen overnight! Don't get discouraged or overwhelmed by trying to complete many big goals simultaneously. Instead, focus on one thing at a time.
- 4) **Talk about it** — Make it real! Talk about your goal as if it's going to happen, and it will!
- 5) **Find support** — Surround yourself with people who will encourage you and support you on your journey to success!

Source : <http://www.apa.org/helpcenter/resolution.aspx>



Support a Family

Our 2016 Food & Toy Drive

100% of donations go DIRECTLY to families in need
Fitness works for Women has been participating in a food and toy drive for years now. Our goal has always been to collect items and money in order to provide a family in need with a Christmas that they could only achieve with assistance. Help us provide these families with a wonderful Christmas, even the smallest of items help!

First Family

Aldadrane – Grandmother

Szabina – Daughter

Kevin – Grandson, 2 years old

Second Family

Debbie – Mother

Samantha – Daughter, 7 years old

Samuel – Son, 6 years old



*Wishing you a happy Holiday
from all of us at FitnessWork
for Women!*





Six Tips on how to Stay Healthy this Winter!

1. **Wash your Hands** – Though this may seem like a simple step, washing your hands regularly is one of the most effective ways to stay healthy this winter by killing germs that are passed on through contact
2. **Opt for garlic** – Garlic has been proven to be an intense immune system booster, for it is able to eliminate several types of bacteria and viruses. Garlic supplements are available at most health food stores.
3. **Boost your Vitamin C** – Vitamin C has shown to be one of the most powerful immune boosting vitamins available. It can be found in oranges, broccoli, along with other fruits and vegetables. Chewable or liquid vitamin C supplements are also available in most health food stores.
4. **Drink lots of water** – It is always important to drink plenty of water, but to help stay healthy and keep digestion strong, this should be emphasized over winter!
5. **Limit refined flour or sugars** – The overconsumption of white sugars and flour will not only contribute to weight gain, but it can also negatively effect your immune system. Instead, try substituting them with whole grains and natural sugars such as fruits.
6. **Keep active!!!** – It can be difficult to walk into the cold and go to the gym, but it is so important to keep up with your physical activity throughout the cooler seasons.

Source : <http://www.canadianliving.com/health/nutrition/article/7-ways-to-keep-healthy-and-fit-this-winter>



Outdoor Winter Activities to Stay Active

1. **Cross Country Skiing** – Because you are using both your upper body as well as lower body, cross-country skiing is one of the most effective outdoor winter workouts! A 150lbs person can burn about 340 calories in just 30 minutes!
2. **Downhill Skiing** – This is a great fitness activity that can also be loads of fun for you and your family. A 150lbs person will burn about 240 calories each 30 minutes of downhill skiing!
3. **Ice Skating** – Ice Skating provides great exercise for the whole family! It allows for a less costly, but equally effective workout as downhill skiing! A 150lbs person will also burn about 240 calories in 30 minutes of skating at a respectable pace.
4. **Snowshoeing** – This also allows for a total-body workout, plus it allows for a more relaxing, yet still a challenging and strengthening workout! A 150lbs person will burn about 270 calories every 30 minutes.

Find out how much you would burn!!!

Calories burned =
(Calories burned for that sport/150) X Your weight

Source : <http://www.everydayhealth.com/fitness-pictures/winter-fitness-activities-for-the-whole-family.aspx#10>

