



Healthy Resolution Ideas (that have nothing to do with losing weight...)

It's that time of year! Most people feel like they have over-eaten and under-exercised throughout the holiday season. And while the arrival of the new year is a great time to kick-start your healthy living routine, 'losing weight' does not need to be the #1 priority on your list. Unfortunately, many are slaves to the numbers on the scale and unless you are seriously over or under weight – WHO CARES??? The scale cannot differentiate between bone, muscle, and fat mass and is therefore not an accurate measure of your health. Rather than let yourself be defined by the amount you weigh, here are a few things you can do in the new year to improve your health and well-being...

- Get more sleep
- Eat a healthy breakfast
- Drink more water
- Change your workout every 3-4 weeks
- Stop weighing yourself
- Go for walks
- Eat when you are hungry
- Stop eating when you are no longer hungry
- Do yoga
- Add a new exercise to your workout
- Eat more fruits and veggies
- Spend a few minutes stretching every day
- Accept that not everyone was made to be a size 4 or have 21-inch biceps

Happy New Year from Surefire Fitness!!

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