



Lady of America Newsletter - December 2009 - 'Tis the Season

Ask Natalie

Q: I'm a 28 yr old single mom of 3 and weigh 295 pounds. I've let myself go and don't eat any type of vegetables. How can I better myself? I just got a membership at the gym I just don't know where to begin. Please, I don't like being this heavy, I need help. What kind of work out should I start and how?

A: Joining the gym was the best thing you have done! Be proud of that. I recommend you try every different activity the gym offers. This way you will discover what you like and what you don't like. The activities are vast. I strongly urge you to try dancing, body sculpting, spinning and more.

For the weights, I recommend you download the 10-step program I recorded for Lady of America's Youtube site – <http://www.youtube.com/user/ladyofamericafitness> – and start trying some of those. There are new exercises being uploaded shortly. You will also get weight training from body sculpting classes.

On the eating part, I cannot express enough how important vegetables are! Try getting creative with them by cooking them in different ways: steaming, roasting, baking, etc. I also recommend that you concentrate most of your carbs in the morning, slowing it down throughout the day and stop eating them by 6 pm. Keep in mind the saying: You should have breakfast like a queen, lunch like a princess and dinner like a pauper.

You are young enough to get your body back. Keep me posted and if you have any concerns or questions, feel free to write me again!

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