



Lady of America Newsletter - January 2010 - Commitment & Contract Time

Natalie's Tip and Spot Check

New Year, New Way to Do Things

It's a new year and a new decade. How about some new ideas? We are always trying to find ways to improve our workouts and diet. We often start something new and change our lives for a month or two, and then out of the blue we stop.

Let's try something simple this time around. How about splitting your portions in half? For example, if you have pasta with tomato sauce for lunch, eat only half and save the other half for a mid-afternoon snack. The same can be applied for sandwiches, large salads, etc.

By doing this you are eating something you like while keeping your metabolism running and you don't have to spend time thinking about what your next meal is going to be.

Spot Check

We are going to do a side leg kick this month. First, lie on your side with your legs on top of each other. Bend your top leg and point your knee toward the floor. Now, extend your leg toward the ceiling, keeping your toes pointed. Do 4 sets of 20 reps.

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