



Lady of America Newsletter - November 2009 - Be Thankful Issue

Natalie's Tip and Spot Check

Keep on track with a 20 minute effective workout, and make these exercises part of your daily routine.

The holiday season is here! This is my favorite part of the year. We get to see our loved ones, spread love all around and eat like crazy! Ha, ha, ha!

No way! We always work hard for the summer season, let's not waste it all at this time of the year. The best advice I can give you is to NOT go to your holiday festivities hungry. That doesn't mean eat an entire meal before going to your grandma's for Thanksgiving dinner. What it means is taking the edge off. How? I suggest eating vegetables (carrots, celery, for example) or fruit, like an apple or orange. Even a small handful of nuts – raw almonds, cashews, Brazilian nuts – will keep you satisfied. By eating something small beforehand, you won't over indulge at the holiday meal – and you should be able to stop after two bites of that pumpkin pie. Enjoy!

Natalie Brabner
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Spot Check:

Let's do a quickie! With the holiday season upon us, I'm sure you have lots of places to go, errands to run and parties to attend – and not enough time to workout. To help you stay on course with your health and fitness, I created a 20-minute workout that should get you through your busy schedule.. This set of exercises will help you with toning, and getting your daily cardio in. Repeat the 1-minute moves 2x. So, after 1 minute, rest for 30 seconds then repeat. Follow this workout routine daily and it will effectively will keep you on track.

Jump Rope: 5 minutes

Push-Up: 1 minute

Squats: 1 minute

Crunches: 1 minute

Dips: 1 minute

Butt Kicks: 1 minute (change leg after 1 min)

Jump Rope: 5 minutes

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