

Altering workout routines can make them more effective



In December, we discussed some simple ways that we can change our diet to make a huge difference in our lifestyles. This month, I would like to share some ways to change our workouts that can make a huge difference.

- 1) Instead of always jogging, add 10 100-yard sprints to your workout and burn up to 500 calories.
- 2) Take up a power yoga class and burn up to 344 calories a class in addition to gaining balance and flexibility.
- 3) Train fasted twice a week. This keeps adrenaline high and blood sugar low.
- 4) Run intervals. Alternate jogging with sprints.
- 5) Work out with your partner. Couples who train together are 34 percent more likely to stay on their exercise program.
- 6) Hit the pool. Swim or run in the water. This adds variety and resistance.
- 7) Take a real before photo. You will be more motivated when you see the differences that you are making.
- 8) Biking to work can burn an extra 500 calories an hour.
- 9) Choose ellipticals with handles. This adds arms to the work out and burns even more calories.
- 10) Keep your body guessing. Swap out routines after 4-5 weeks.

11) Set a goal to compete in something, such as a 5-10k or mini triathlon. This keeps you motivated and adds variety to your routine.

12) Cover the display console on the treadmill and just concentrate on pushing yourself harder.

13) Squat heavy. The more muscles you can recruit with PROPER FORM, the stronger that you will get, and the more fat you will burn.

14) Train abs heavy. Do some ab work with the heaviest weights that you can hold.

15) Go rock climbing. This burns more than 700 calories an hour.

16) Combine cardio and weights. Jump rope between sets, or string some exercises together into circuits.

17) Do burpees. These combine almost all the muscles of the body.

18) Do pushups every morning. It will jump start your body and adds some additional upper body training.

19) Challenge a buddy to a pick up game of hoops. Keep your program fun.

20) Get a physical. Routine doctor visits can uncover many unseen problems.

Although it may seem funny to see an eye doctor write on physical activity, it has been proven that a healthy body keeps the entire body in line and the whole body healthier. Get the year off to an early start and reap the benefits of being healthy.

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STTR, proving more funding for small businesses to drive innovation, create jobs, and grow our economy. It increases the amount these programs can award to small businesses, shortens the timeline for award decisions, and improves the focus on commercializing the innovative products that will change the world.

SBIR and STTR are a win-win for small businesses. Federal agencies are able to meet their R&D needs, while small businesses get the chance to bring their innovations into the marketplace. The reauthorization ensures that small businesses will have access to much needed investments. Money from these programs will go directly to small businesses to help them drive innovation, strengthen U.S. competitiveness, and create good jobs.

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