FIT FORCE BOOTCAMP

August 2015

Bootcamp Anniversaries:

- Happy Anniversary Cathy! 3 YEARS!!
- Happy Anniversary Gaylene! 2 YEARS!

Bootcamp Birthdays:

- Happy Birthday Carolyn and Janeen!

How to Maintain Your Results

We are all at different stages of our health and fitness journeys; some of us are just getting into the swing of things, others are working toward our goals, and some have reached a set of goals. Wherever you are, it's good to start thinking about what to do once you've gotten there. How do you maintain your results? Do you stop? Are you done? Here are my tips on how to maintain your results:

~ Eat the Correct Portions.
How much you eat is just as important as what you eat and portion sizes have gotten totally crazy in the last decade or so. When you go out to eat most portions are fit for 4 people! Put the emphasis of your plate on lean protein and veggies, then some whole grains, healthy fats, and fresh fruit. When going out to eat I like to ask for a to-go box right away and put half my meal in it before I even start eating. That way I know I am not eating too much, and I have another meal for tomorrow. Also, try to be mindful while you are eating, that way you can feel when you are full and you don't keep eating.

~ Keep Exercise as Part of Your Daily Routine.
A lot of times when people reach a goal, they think they can scale back on the frequency of exercise. This isn't necessarily true. If you start going back to your old ways then you will likely go backward with your progress.

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Creamy Macaroni & Cheese

One of my favorite comfort foods of all time is macaroni and cheese. Usually when you think of mac n' cheese, "healthy" isn't part of that thought. I am here to show you that you can have your mac n' cheese and stay on track!

What You'll Need:
1 1/2 cups cooked whole grain elbow noodles
3/4 cup sharp cheddar cheese, shredded
3.4 cup plain Greek yogurt , non-fat
1/4 tsp onion powder
1/8 tsp garlic powder
1/4 tsp sea salt
black pepper to taste

What to Do:
Cook pasta according to the package, reserving about 1/2 cup of the starchy cooking water. Return noodles to the pan and add a splash of the cooking water. Add cheddar cheese and stir until melted. Add Greek yogurt and spices. Stir until fully incorporated. Enjoy!

(Makes 3 servings)

Interested in pushing yourself and trying something new? Myself and some fellow bootcamper's are doing the Down and Dirty Mud Run in Folsom in November, join us! Shoot me an email to get some more information. Lots of fun and a great way to give yourself something to focus on and train for—another great way to maintain your results!

Maintain Your Results... Continued.

Keep exercise as part of your daily routine, just like brushing your teeth. Now, not every workout every day has to be 60 minutes of crazy intense cardio and weight lifting, but getting some physical activity every day is important to maintaining your fitness.

~ Know Your Triggers.
We are all human and can have moments of weakness. A trigger is something that happens that causes you to revert back to some not-so-healthy habits like eating foods that aren't so good for you, and neglecting exercise. For example, say your trigger is any stressful situation, like a bad day at work. Before you adopted healthier lifestyle habits, you may have reacted to a bad day at work by going home and indulging excessively in chocolate, French fries, alcohol, etc. If you know how you normally react to that type of situation, then you can be better prepared to change that. Instead of doing what you normally would and then feeling sick and regretful the next day, try a different reaction. It could be a form of exercise like going for a walk or a run, or it could be something totally unrelated to fitness and food. It may not be easy to change how you react to your trigger, but it will be worth it.

~ Eat Breakfast.
This seems so cliché, but it is so true. Eating breakfast sets the tone for the day, not to mention it keeps you from being so hungry later that you eat too much for lunch, and it keeps you from becoming hangry (angry because of how hungry you are – it exists!). I know that when I have a healthy and filling breakfast, it is so much easier for me to make good choices for the rest of the day.

~ Don't Stop.
You've reached your goal(s) – GREAT! Take a good minute to appreciate all that you've done and all you've achieved. Appreciate yourself and give yourself some credit and love. Now, keep going! Set new goals for yourself, challenge yourself, do something you never thought you could/would do.

Time for New Shoes?

If it has been a while since you have gotten yourself good bootcamp shoes, this is a great time to do so. We run, jump, and play every week and if your shoes are old and don't provide you with the support you need then an injury can throw off the fun and your results. If you love the pair of shoes you've been using, hop online and get yourself the same shoe if it isn't in stores any more (they often switch out the models of the shoes) or if you've been interested in trying a new type take some time to try different varieties on.

Look for a good shoe store that can help you find the perfect shoe for you and your activities.