Go Steady

Physical activity isn’t just a way to lose weight; it’s an essential step towards a vibrant life! If you haven’t been active in a while, now’s the time. Start out with smaller amounts of exercise at lower intensities and gradually progress to moderate-intensity activity to reduce your risk of injury.

Print out our newsletter and keep it for a reminder of the exercises or cut out the exercise cards to keep it ready for work out time!

Nutritionist’s Corner

Staying hydrated is good for our health and athletic performance but plain water lacks appeal. Try adding a squeeze of fresh lemon or lime juice or take an organic ginger root and grate a few teaspoons and add to your water. Herbs such as peppermint or basil also add a nice flavor. Cool fluids are more rapidly absorbed by the body so plan ahead, flavor your water, and chill.

- Dr. Gordon