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10 Personal Health & Training Tips By Joe Savoia

Every year, many resolve to improve their health but fail to achieve the results they seek. When it comes to physical fitness programs, there are many “little” things that allow you to improve your health, burn fat, build muscle and, very importantly, avoid injuries. The following are ten “tips” that might help you achieve your 2007 health and fitness resolutions.

- 1. Stretch in the morning and night.** Stretch every day, especially when you get up in the morning, and before going to bed at night. Stretching keeps the muscles, ligaments and tendons flexible, maintaining a constant blood flow and oxygen supply throughout the body. It also helps to prevent injuries.
- 2. Breathe deeply.** Take a series of slow deep breaths throughout the day and breathe using the diaphragm. Breathe in through the nose and slowly out of the nose and mouth simultaneously. This will increase your oxygen intake and help to relax the body throughout a stressful day.
- 3. Relieve tension.** Do neck rotations and eye rotations. These exercises help to keep the tension at rest, minimizing the chance of a tension headache or stiff neck.
- 4. Get up from your desk.** Do not sit at a desk for extended periods of time. Remaining too sedentary throughout the day can lead to blood pooling in the legs, varicose veins, and a stiff lower back. When the opportunity arises, take the stairs instead of the elevator to burn extra calories and to keep the oxygenated blood circulating. If you have a private office, close the door approx. every hour do some deep breathing, and do 20 push-ups. You will be surprised over time the benefit this will bring to you. (Example: An 8 hour day can add up to 160 push-ups. Not to shabby!)
- 5. Walk when you can.** When commuting by bus or train, walk briskly to the office instead of taking the bus or subway, or even saving a cab fare, as long as you have some time, and the walk is reasonably within a mile. It's a great way to

start and end your day. Over time, calories will burn off, and it will set you in a better mood believe it or not!

6. Drink water. Have a bottle of water at your desk at all times, and take sips of water throughout the day, even if you are not thirsty. Drinking adequate amounts of water (8-10) moderate sized glasses a day will keep your blood thinner and highly oxygenated, your kidneys flushed of unwanted toxins, and your breath fresher. Substitute fresh fruits for sugar cravings during your busy day with bananas, apples, raisins and nuts, all natural excellent choices of needed nutritional fuel the body is asking for.

7. Be accountable for working out. Try to incorporate a regimented exercise program during each week. Make it a priority by holding yourself accountable for your exercise responsibility. Before exercising a muscle, relax into the stretch of the targeted muscle group. This will prevent injury by preparing you to connect through mind, body & focus in order to achieve the intended results. Once your mind makes the physical and mental connection to the muscle, your body will naturally respond, accelerating your goals above expectations.

8. Don't ignore your weak muscles. An important factor to remember is that the muscles you most hate to train are usually the weakest areas. Using creativity, visualize what you intend your body to look like in the final product through vigorous training. Also, when working a primary muscle, rely on secondary or assistor muscles when the primary muscle is experiencing fatigue. The most important part of a successful workout is to have fun! Enjoying a workout produces a positive and productive workout resulting in an all win situation!

9. Connect your mind, body and spirit. Try to make time for your Spiritual growth by praying and meditating. This is all part of the Mind/Body/Spirit approach and is so important to the balance of your well being.

10. Help your body recover. Get plenty of sleep and try not to snack at least 2 hours before bed time. If you must, eat some fresh fruit. Eating right before bed time can interfere with your sleep cycle, and cause you to pack on unwanted calories. Also 7-8 hours of sleep is highly recommended since your muscle tissue and tendons repair in the last 2 hours of sleep.

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If you do the work, day by day, your body will soon start responding. It will take some time but it is doable. Don't expect results overnight but they will come sooner than you think.

Joe Savoia is a certified personal trainer specializing in training individuals in their own homes. If you have questions about whether Joe's program might be helpful to you, you can contact Joe at (203)788-9037, or by e-mail at Savoiaj@aol.com.