

Happy Mothers Day from everyone at FitnessWorks for Women ♥



# 2017 Newsletter

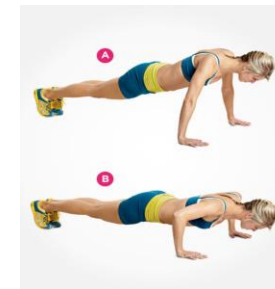


## Push Up Variations

### 1. Modified Push Up



### 2. Basic Form Push Up



### 3. Jack-out Push Up



### 4. Hold and Hand out Push Up



## Four Mental Strategies for Fitness Success

Aligning one's values and interests are the foundations of a successful fitness journey, rather than focusing purely on outcomes. Below there are four key points that help you focus to get the most out of your training as possible.

### 1. Find Clarity

Being clear with what your goals are is crucial to discover results in health and fitness. If you don't make specific and achievable goals, it will be very difficult to achieve exactly what you want.

### 2. Get Accurate Feedback

Hearing positive feedback can effect how you feel about your progress and your training. Constructive feedback is also a good thing, because you realize where your weaknesses are and now you have the opportunity to improve! However, don't over do it with feedback! At the end of the day, what makes YOU happy is the best thing you can do for yourself.

### 3. Find your Purpose

Setting arbitrary goals that aren't truly important to you, will not create enough drive for yourself to make you follow through. When you don't feel like working out, your goal should be a strong enough reason to make you want to improve upon yourself and bring joy back to your own life.

### 4. Do Something you Love

It is so essential in the short and long term to love what you do. Feeling happy while you are training makes time go by faster, and leaves you feeling refreshed. And in the long run, if it not something you enjoy, it will be a lot more difficult to stick with it. Of course, all types of exercise have some level of discomfort. Your lungs will burn when you run, you will have sore muscles after lifting weights, and you will smell like chlorine after swimming. The trick is to find something with an influential positive effect that overpowers the negatives. Find a way to love what you do, whether it be switching up what you do, to training with a friend or a trainer.

## May's Soup – Whole grain Tortellini, tomato and Basil

This dish is like lasagna in a soup bowl!

### Ingredients:

1 Tbsp olive oil or unsalted butter

1 onion diced

4 cups vegetable or chicken broth

1-28 oz can whole tomatoes (no-added salt) coarsely chopped

12 oz whole grain cheese tortellini (perfect size available at Foodland

2 cups de-stemmed, thinly sliced kale (I prefer baby spinach)

1 cup chopped fresh basil (don't skimp on this – it makes the soup)

½ tsp ground black pepper

### Method:

1. In large pot, heat oil or butter over medium heat.

2. Add onion and cook till soft.

3. Add broth and tomatoes and bring to boil.

4. Reduce to simmer, cover and cook for 5 minutes.

5. Stir in tortellini and return to boil.

6. Reduce to simmer and cook, uncovered, for 10 minutes, stirring often.

7. Just before serving, stir in kale/spinach, basil and pepper; cook for another minute or until kale/spinach is wilted. Add a bit of water if too thick.

Serves 4

Each serving contains:

364 calories

14g of protein

10g of fat

56g of carbohydrates

9g of sugar

6g of fiber

455mg of sodium

## 8 Tips for Spring Fitness

Health is all about finding balance between fun, fitness and food

### 1. Don't weigh yourself every day

Weight fluctuates from day to day, and even morning to evening. Weighing yourself weekly or perhaps every few days will give you more accurate data to base change off of. Remember, **MUSCLE WEIGHS MORE THAN FAT!!!** So if you feel your slimming down, but you're getting heavier, **DON'T BE FOOLED!** You're most likely actually losing fat and gaining muscle!

### 2. Set your expectations correctly at the start

Yes, everyone wants results right away, but sadly losing 10lbs doesn't happen overnight! It's going to take time and effort, stay consistent and you will get the results you want.

### 3. Agree to commit to your goals 80 PERCENT of the time

This is called the 80/20 rule, where **AT LEAST 80%** of the time, you are training hard and eating correctly. It's okay to occasionally miss a workout, or have a treat when you're craving it. No need to be hard on yourself, just try and stick to being healthy at least 80% of the time.

### 4. Don't over-train

Yes! You can actually train too much! Working your body too hard without enough rest can lead to fatigue and may actually have a negative impact on a potential weight loss goal. Give your body the time to rest and recuperate!

### 5. Fitness in the kitchen

Results come from working out, but without a proper diet your hard work could go unnoticed. Studies have shown that 80% of maintaining or improving your body has to do with diet. Respect your body by fueling it with whole foods, and watch out to not over eat!

### 8. Weight training

Weight training is so important! Not only does it burn twice as many calories as cardiovascular training does, but it helped strengthen your muscles and bones!

### 9. Make your healthy lifestyle fun

Train in a way that makes you happy, whether it be with music or with friends. And always try new healthy recipes, be creative with it. Health is all about living a more happy and gratifying life. It is a way of being, healthy and happy!

Source : <http://www.womenshealthandfitness.com.au/fitness/workouts/1826-9-tips-for-spring-fitness>