

Can Fitness Be Easy?

If exercising seems too much like work, try these tips:

Have Fun: Pick something you'll want to do regularly. Most [fitness clubs](#) offer a variety of classes and equipment to explore.

Educate yourself: Whether it's with a [health professional](#) or from a [video](#), you'll have better results and lower injury risk.

Use the Buddy System: You'll be more motivated and have more fun if you exercise with a friend.

Be Patient: Don't worry about impressing others with your expertise; impress yourself with your commitment.

Getting Started

Establish a fitness routine that's right for you with these three steps:

1. **Set specific goals** – Do you want to lose weight? Get firmer abs? Increase your stamina for volleyball?
2. **Plan your time** – Over-committing will just frustrate you. Slow and steady wins the race.
3. **Consult with your physician** – Moderate exercise is safe for most people, but you should ask your doctor first to make sure it's right for you.

To find a [club](#) that meets your needs, contact GlobalFit. Or ask about our [Healthy Changes](#) programs for professional, customized guidance to meet any healthy living goal.



Shed Unwanted Pounds

Along with exercise, eating healthy, portion-controlled meals is essential to safe, effective weight loss that lasts.

Steady weight loss of one to two pounds per week is the healthiest route. Losing weight too quickly can result in muscle loss and serious health conditions.

To help you feel full longer so you'll eat less often, favor foods with a low [Glycemic Index](#). Whole grains, legumes, and most fruits and vegetables all have a low GI.

The [Glycemic Index](#) is the basis of the [NutriSystem](#)[®] program. This proven weight-loss plan provides a healthy, easy-to-follow way to lose weight eating foods you love.

Exercise: Basic Crunch

1. Lying flat on the mat, press your naval towards your backbone. Feel the tension in your abs, and try not to put too much pressure on your spine.
2. Exhale as you slowly arch up. The movement is simply bringing your lower ribs towards your hips. Keep your naval drawn in.

Don't bend your neck too far, but don't keep your eyes on the ceiling either. Imagine holding your fist between your chin and collarbone.

3. Inhale as you slowly lower your shoulders back to the floor.



10 Must-Eat Superfoods

1. **Soy foods** – tofu, tempeh or 'milk' for heart-healthy protein
2. **Kiwifruit** – twice the vitamin C of oranges, more potassium than bananas
3. **Olive oil** – virgin cold-pressed for the most cholesterol benefits
4. **Salmon** – protein and Omega-3 fats, which help heart and mind
5. **Yogurt** – low-fat for calcium and stomach-friendly probiotics
6. **Blueberries** – antioxidants to help brain, bones and digestion
7. **Tea** – phytonutrients by the cupful
8. **Whole-grain bread** – a low Glycemic Index and lots of fiber
9. **Cruciferous vegetables** – nutrient-dense broccoli, kale and bok choy
10. **Nuts** – for healthy fats, especially Brazil nuts and walnuts

GO Supplement articles are offered as introductions to basic concepts and are not comprehensive or necessarily applicable to a particular individual's circumstances. You should consult your physician before beginning any exercise or diet program.

GlobalFit benefits are not offered to the general public or available directly through fitness clubs. These benefits are made possible through the sponsorship of your employer, membership or group. Membership to a club of which you are a current member is not available. Membership also may not be available to a club if you have been a member of that club within the past 12 months. Please visit www.globalfit.com or call 800-294-1500 for more information on memberships and eligibility.

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