

health & fitness

Leo Costa Jr.

Ding...ding...ding... do I have your attention? With each year, comes a new list of resolutions many of you won't reach. How dare I say that, right? Come on, we know this is true. People waste energy making resolutions they hope to accomplish, but generally don't achieve even one. Why not concentrate on ONE resolution: Improving Your Health? Expand your mind to improve your body to give yourself the strength and vitality needed to achieve every goal you set. Without a healthy body and mind you can't achieve your full potential. Let me share some knowledge on how you can reach the healthiest version of yourself in three simple steps. My name is Leo Costa Jr., and I am a world-famous fitness expert who has worked with thousands of clients helping them reach their goals. From stay at home moms to your favorite celebrities—these three simple steps will change the way you see health and fitness, and they will give you the motivation to get in the best shape of your life in 60 days!

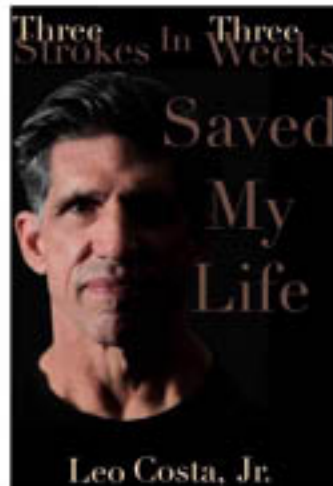
3 SIMPLE MAKEOVER STEPS



STEP #1. Nutrition. Don't underestimate this guy. He plays an important part in your day to day activities, progress in your health, fitness goals, and aging process. He is also the reason why people are not successful, or don't begin their transformation in the first place. The social consensus has people believing they have to give up what they love to eat if they want to be successful in their nutrition plans. Which makes people think they are going to starve, or have to eat foods they don't like. None of this is true. If you have a good trainer to rely on, he/she will create a plan that works for you using food choices

you like along with micro nutrients you need for a healthier life. With proper information from someone who knows what he/she is talking about, you acquire the knowledge to seek out rather than avoid life-saving nutrition that becomes second nature to you—no longer a chore—but a lifestyle.

STEP #2. Cardiovascular Training. People get intimidated thinking they have to go in HARD to achieve results. Not true! A good trainer can explain that less is more. You don't need to go hard; to burn fat as energy and not sugar as energy, you need to keep your heart rate in your target heart



rate zone. A person does not need more than 30 minutes of cardio a day; 3 days a week to get the job done; 90 minutes a week. That's not so bad right?

STEP #3. Resistance Training. A workout can be done at home or in a gym. Easy peezy; 30 minutes a day, 3 days a week is all it takes for results. No need for lifting heavy weights, or anything that could cause joint or muscle injury. An expert in resistance training can customize a program for your fitness level that improves the relationship between muscle and fat, which makes your resistance training more efficient. Keep in mind that burning more calories per minute burns more fat.

Put misconceptions aside and achieve a healthier and stronger body in three hours a week! It's how I get my clients in the best shape of their lives in 60 days. It can be that easy! ■
Leo Costa Jr, World Famous Fitness Expert
www.automatcfitnessplus.com 800-816-1649



MANAGING YOUR PERSISTENT FEARS, ANXIETIES, AND STRESSES

By Stanley Popovich

Author of "A Layman's Guide to Managing Fear"



Everyone deals with anxiety and depression; some have a difficult time managing it. Here are some techniques to help manage persistent fears and every day anxieties. When facing a task that overwhelms you, divide the task into a series of smaller steps. It's easy to get stressed when things happen at once. Completing smaller tasks

one at a time makes stress more manageable and increases the chances of success. Take a few minutes to get your mind off of the problem. Take a walk listen to music, read the newspaper, watch TV, go on your computer, do a physical activity that relaxes your mind and gives you a new perspective on things.

Keep a small notebook of positive statements that make you feel good. Whenever you come across an affirmation write it down. Keep the book with you. When you feel depressed or frustrated, read the statements you have written. This helps to manage negative thinking. Most people worry about what could happen in the future, and the prospect of not knowing if something good or bad will happen can produce fear and anxiety. Try these suggestions on how to manage the fear of dealing with the unknown.

No one can predict the future with certainty. Even if what you fear happens there are factors you can't predict which can be used to your advantage. Maybe you missed the deadline for a project you've been working on for the last few months. Everything you feared is coming true. Suddenly, your boss comes to your office and says the deadline is extended and he forgot to tell you. This one factor changes everything. We may be ninety-nine percent correct in predicting the future, but all it takes is one percent to make a difference.

Learn to take it one day at a time. Instead, of worrying how you will get through the rest of the week or coming month, focus on today. Each day provides us with different opportunities to learn new things, and that includes learning how to deal with problems. Too often we get anxious over a task we will have to do in the future. If this happens, visualize yourself doing the task in your mind. For instance, you and your team are playing in a championship volleyball game in front of a large group of people in a few days. Before the big day comes, imagine yourself playing in front of a large audience. Self-Visualization is a great way to reduce the fear and stress of an upcoming situation and increase your self-confidence.

Managing your fears, anxieties and stresses entails you finding ways to relax your mind away from the problem you are facing. Many times, our worrying can make the problem we are facing even worse. Keep in mind that all the worrying in the world will not change things. All you can do is to do your best each day, and if something happens, take it in stride and do your best to take care of the problem. Take advantage of help available to you. Talk to a professional who can provide you with additional advice and insight on how to deal with your fears, anxieties and the stresses bothering you. It never hurts to ask for help in learning how to better manage through difficult times.

If someone you know is dealing with persistent fears, anxieties, or depression urge them to seek help from a professional. Be patient and understanding with the person, and learn as much as you can from them about how they are feeling. Depression and anxiety can be difficult for any person to manage and recover from—don't add more stress to the problem with your words and actions. Learning what helps and what doesn't is the key to managing your fears, anxieties and stresses.

Stanley Popovich is a television and radio personality. For further information on him and where to purchase his books visit: managingfear.com ■

