

# Jeni's Health & Fitness Tips

January 2005

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Happy New Year Everyone!

I hope you all had a safe and happy Christmas and New Year break – keeping active and fit. Welcome to our first edition of Health & Fitness Tips. I hope to be sending you these tips and reminders each month from now on.

New Year is often a time when we look at our lives, set new goals and make resolutions. Perhaps some of you want to improve your fitness level this year or just maintain it. When making New Year's resolutions:

1. Write down exactly what you want to achieve this year.
2. Set short term and long term steps to achieving this.
3. Be realistic (how much time can you dedicate to this).
4. Start the process NOW, no excuses – no “next month/year” .

Remember you need to do some aerobic exercise at least 3 times a week. Brisk walking is an excellent form of aerobic exercise. You also need to include some strength and flexibility training once or twice a week.

Looking forward to seeing you in class next term.

Yours in health,

***Jeni***