

April fools tips for spring fitness

Ah spring and April fools day! It's the season for playing tricks on each other and sometimes, when it comes to your own fitness, playing tricks on yourself. There is something about a change of season that often motivates us to try and effect a change in ourselves. Here are four tricks you can try on yourself this year to loose those stubborn pounds gained over the winter, and last winter and maybe the winter before that.

Just remember the one doing the fooling can be Mother Nature and the one fooled can be you!

Number one: When buying groceries load all of your fruits, vegetables, & lean meats into the cart first then bury all of your unhealthy foods under the healthy stuff to fool anyone that sees you at the market that you are eating right.

Number two: Try some fad-diet allegedly used by some celebrity to loose ten pounds in a few days, cabbage diet, zero carb diet, zero fat diet, zero everything diet! Apparently publications that print this information are desperate for content. Always remember that a nutritional program that will work for you long term must be a program that you can use and stick with long term. Extreme diets are basically attempts to fool Mother Nature but in the end you are the one getting fooled into an episode of yo-yo dieting.

Number three: If that fad diet has you feeling really hungry and less than energetic use diet pills or energy drinks to boost your energy levels and suppress your appetite. Be extra careful here. Some products produced by the dietary supplement industry have caused problems. Since the Dietary Supplement Health and Education act of 1994 dietary supplements are now poorly regulated and could contain ingredients that may not be listed on the label. Several supplements exist on the market that will metabolize into illegal substances once ingested. The ingredient ephedra still pops up on ingredient labels of weight loss supplements even though the FDA prohibited the sale of dietary supplements containing ephedrine alkaloids (ephedra) in 2004. Read labels carefully. Products that recommend taking a few days off from use every week or do not list a physical address for the company should send up a red flag.

Number four: If you really do need help losing weight don't seek help from a health care professional, a registered dietitian, or a fitness professional with a current certification. These people are going to recommend a program of balanced diet, reduction in caloric intake, and sensible exercise aimed at you loosing about a pound a week. This no fooling type of program will get weight off & keep it off and you will be nobody's fool!

Best of luck on your health goals and have a happy April fools day!

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