

Fitness

Q: How often should I lift weights?

A: For Maximum results you should lift weights 2-5x times per week depending on your goals. For best results, beginners (or those returning to the weight room) should start with 3x per week on a full body routine for the first 4-8 weeks. As you become more advanced you can add more training days and split up your bodyparts. If you just want to “stay in shape” 2x times per week is adequate assuming you have a progressive well planned long-term routine.

Nutrition

Q: Is ORGANIC worth the EXTRA Expense?

A: In some circumstances YES, in others, NO. It is certainly better for the environment to eat organic since it is produced in an ecofriendly manner WITHOUT PESTICIDES. The biggest thing to consider if you are trying to decide if it is WORTH IT to eat organic is if you are eating the “skin” of the fruit or vegetable. If you eat the skin then go ORGANIC (Apple, Pears, Plums, Peaches, Green Veges ect.) if you don’t eat the skin of the fruit(Oranges, Bananas, Avacado, ect.) then consider the non-organic version if cost is a factor.

Healthy Recipe

Breakfast Burrito

4 egg whites

1 slice low fat cheese

diced tomato

diced onion

diced green pepper

dash chili powder

Low fat or Low Carb Wrap

Cook Eggs in a pan over MEDIUM Heat, add in tomatoes, peppers and onion, then finally top with cheese and a dash of chili powder. Simply place in a Wrap and ENJOY! ☺

