

## **Not Enough Time in the Day?**

Face Book, My Space, Email, Social Computer Games.... I have a Face Book account, but don't really keep up with it. I may post once every couple of weeks. However, I do check it from my iPhone just about everyday. What amazes me is the time that some people spend on Face Book – updating their status and playing games. I have a couple of friends on Face Book that log in at least 1-2 hours a day on either Farmville or Mafia Wars. I really just want to call them and say, “Hey, can I have those 1-2 hours a day if you can spare them?” Perhaps it's just blind jealousy - I could truly use a couple of extra hours to study, spend time with friends and family or just actually get a decent amount of sleep each night. Perhaps I'm just not as productive as those that have time to play that much. Whatever the case it got me thinking.

One of the main reasons that women tell me they don't exercise is because they don't have time. Trust me when I say that I totally understand. As a working mother, there are days that I cannot fathom even taking an extra trip to the bathroom. I have attended many time management seminars and read countless books on increasing productivity; however, the most valuable lesson that I learned regarding time management is two-fold.

First you must identify your goals. Not just like... I want to run a 5K, but your life goals. What do you want people to say about you when you die? Stephen Covey's 2nd Habit of Highly Effective People is to Begin with the End in Mind. It's difficult to think about and takes some really good alone time to discover this, but the return on your time investment is priceless. To make this exercise effective, you must write down your goals and why they are important to you; most importantly, post it where you can see it every single day. I keep my goals on an index card on my sun visor in my car and read it everyday. Once you identify your goals, you can proceed to the next step.

Identify time wasters – things that monopolize your time and aren't consistent with your goals. For example, if you want to be known as a charitable person that services her community – are you servicing your community in the evenings and weekends or are you watching television and pruning your garden? We all like to take pride in the appearance of our house and like to have a clean vehicle and nice flowerbed, but when it comes down to the nitty gritty does it bring you closer to your goals? If you spend the majority of your time on those things that are not important to you, I can guarantee that you will not reach your goals. Everybody has their own version of time wasters. Some of my time wasters are watching television, sitting in the car while my kids are at soccer practice, idle chit chat with staff during workday. Record the amount of time you spend wasting time each week and fill that time with those things that are consistent with your goals. For example, if you want to be remembered as a caring friend you may want to plan a walk with a friend in the park while your child is at practice. If you want to be remembered as a giving mother you may want to play a board game with your child instead of watching the CSI repeat.

One of my three life goals is to empower women to make positive improvements in their lives so they can fulfill their life's purpose. I make a conscious effort to keep my actions consistent with my goals, but there are still some nights when I just want to zone out in front of the television. The key is

moderation in all things. We are all here for a purpose, but sometimes we just need to recharge our battery. This exercise is time-consuming, but rewarding. It will add clarity and focus to each and every day. Once you live your life with clear goals the days don't seem so overwhelming because everything you do makes sense and moves you one step closer to your goals. Begin today with the end in mind and you will fulfill your goals and be remembered as you imagine.

In Health,

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**Week Nine:**

**Nutrition Strategy: Calculate Fat Intake**

A calorie is a calorie. Each gram of fat (no matter the source) contains 9 calories; each gram of carbohydrates and proteins contains 5 calories. Limit fat intake to less than 40 grams per day.

Type	Facts	Source	Health Concerns	Limits
Saturated	Solid at room temperature	beef, beef fat, veal, lamb, pork, lard, poultry fat, butter, cream, milk, cheeses and other dairy products made from whole and 2 percent milk, coconut, coconut oil, palm oil and palm kernel oil (often called tropical oils), and cocoa butter	Raises LDL (bad cholesterol) levels	Less than 7% of calories
Trans-fatty acids & Hydrogenated	Chemical process of adding hydrogen to fats to improve shelf life	Major contributor is margarine, shortening, cooking oils and foods prepared with these products	Raises LDL (bad Cholesterol levels). Trans-fat also found to lower HDL (good cholesterol) level	Less than 1% of total calories
Polyunsaturated & Monounsaturated	Generally liquid at room temperature	fish, nuts, seeds and oils from plants salmon, trout, herring, avocados, olives, walnuts and liquid vegetable oils such as soybean, corn, safflower, canola, olive and sunflower	Helps to lower cholesterol levels when replacing saturated fat	Less than 25 – 35% of calories from fat
Omega 3's & 6's	A collection of essential fatty acids such as EPA, DHA & ALA	coldwater fish such as herring, mackerel, sturgeon, and anchovies, walnuts, canola oil, broccoli, cantaloupe, kidney beans, spinach, grape leaves, Chinese cabbage, cauliflower, and, flaxseed	Reduces risk of heart disease & stroke while helping to reduce symptoms of hypertension, depression, ADHD, joint pain & other rheumatoid problems, as well as certain skin ailments by decreasing inflammation	6 – 8 grams Omega 3's per week (equivalent to 2 servings fatty fish or 2 ounces walnuts per week)

To get more essential fatty acids:

- Eat 2 servings cold water fatty fish per week
- Eat 2 ounces walnuts per week
- Add flaxseed to breakfast cereal or smoothie

**Week Nine:**

**Training Strategy: Change it Up**

Train 2 days/week for a minimum of 40 minutes each session. Keep heart rate at 75% (Target Heart Rate Zone). Determine target heart rate using table below.

**Target Heart Rate\***

<b>Age</b>	<b>Beats/Min</b>	<b>Beats/10 Sec</b>
20-24	150-162	25-27
25-34	144-156	24-26
35-44	138-150	23-25
45-49	132-144	22-24
50-54	126-138	21-23
55-64	120-132	20-22
65-69	114-126	19-21

\*Based upon 75% maximum heart rate which is appropriate for most individuals that do not have any medical contraindications to intense physical exercise. It is your responsibility to ensure that your physician approves of you participating in moderate to intense exercise prior to changing or implementing an exercise program.

Complete the following workout 3 times per week (not on consecutive days)

Targeted Area: Cardio Circuit

Time to Complete: 45 – 60 Minutes

5 minute run/walk outside or on cardio equipment (treadmill, bike, elliptical)

1 minute rest

Squats x15

Alternating Lunges x15

Push Ups x15

**Complete above 3 times**

5 minute run/walk outside or on cardio equipment (treadmill, bike, elliptical)

1 minute rest

Alternating Biceps Curl x15

Alternating Shoulder Press x15

Alternating Toe Touches x15

**Complete above 2 times**

**Take It Down a Notch:** Walk on the treadmill or stroll on the elliptical instead of running.

**Ramp It UP:** Extend the runs to 10 minutes each.

**It is your Responsibility to:**

Check your heart rate to ensure you are working at an appropriate intensity (Guidelines on Back).

Get medical clearance prior to beginning a new training program.