

10 THINGS THE AVERAGE PERSON SHOULD DO TO GET IN & STAY IN GOOD SHAPE

How many times have you made a resolution to get in better shape only to quit within the first month? How many exercise routines have you so sore that you'd rather be out of shape than healthy? How discouraging is it to go to the gym and face the constant pressure to be perfect?

What about the average person who just wants to stay in good shape without the needless cost of bulky exercise equipment or a gym membership that goes unused?

As a former steroid abuser and gym rat, Jeff Rutstein was obsessed with constantly getting bigger and stronger. Coming to terms with his exterior obsessions and truly understanding what it means to be healthy both inside and out has made all the difference. Developing a simple, fun, easy to maintain workout routine for the average person who is just looking to stay in good shape has become Jeff's passion. Author of *Rutstein on Fitness: Strengthening the Body to Heal the Mind*, Jeff dispels many of the preconceived notions about exercise by introducing exercise as a mind-body experience. Here are some of his suggestions:

1. Set aside some time for yourself to get on a fitness program.
2. Do an activity that you enjoy. Dispose of the *no pain, no gain* mentality.
3. Limit your sugar and processed carbohydrate intake. For many, that is a real trigger to overeat.
4. Do some type of toning or strength training. Meet with a trainer to be certain you are doing these correctly. You want to start off really slowly and lightly, and work up from there.
5. Make sure that you get adequate sleep. When you're exercising regularly, you generally sleep better.
6. Exercise with another person. You can motivate each other.
7. Even when you don't feel like exercising, do so. Decrease the resistance or lessen the weight, or cut down the number of sets. You will feel 100 percent better when you are finished. Stick with it, and the benefits will follow.
8. Set aside a room in your house to do your exercises. It should be a quiet place with good lighting. Think of it as an appointment. Turn the phone off and think of it as a meditative time for yourself. You only need a half hour or 40 minutes.
9. Don't buy into any fad diets or quick fixes or pills. There's really no secret to it. Once you start moving and exercising, everything else is going to come.
10. Enjoy the exercise. Think of it as a great stress relief and a way to feel better.