

“If you don’t have a challenge, find one.”
—Dr. George A. Sheehan, Jr.

12 Health & Fitness Tips from our WL 4 Fitness Center “BP Workout Buddies”

When it comes to maintaining fitness throughout one’s life, few things can match companionship and determination. Two Fitness Center members, **Kristi Zepeda and Jason Smith**, exemplify these worthy attributes. They’re true role models.

Neither snow nor rain nor heat nor gloom of night stays Kristi and Jason from their swift completion of their appointed fitness duty!

Both have seized the goal of working toward living a fit and happy life. Clearly, they enjoy each other’s company and agree the best way to build physical and mental vitality is frequent trips to the WL 4 Fitness Center.

Through their inspirational efforts—we love seeing them here all the time—they are working toward a state of physical, mental, and social well-being. A little friendship mixed with a firm commitment to exercise equals a whole lot of happiness and fitness.

Here are 12 helpful tips from Kristi and Jason on how to stay on track:

- 1.** Exercise is good for the mind, body, and soul. You’ll feel better physically and mentally. It’s a great way to relieve stress, energize the soul, and keep a more balance life.
- 2.** Find a “Workout Buddy”—someone who’s there with you on most days. By pushing and motivating each other, it’s easier to meet daily exercise goals.
- 3.** Make time for a workout. Even if it means a shorter workout—something is better than nothing. Fit in as much exercise as possible!
- 4.** Don’t make excuses. It’s easy to blame the weather, work, schedules, etc. You have to make the time. The payoff is just too good to ignore.
- 5.** Feeling better is its own reward, but don’t be afraid to treat yourself occasionally. We sometimes indulge in a dessert or a glass of good wine.
- 6.** A convenient work out location matters. Being able to exercise before, during, or after the business day improves energy levels and productivity. You’ll have more vigor throughout.
- 7.** Give the Hatha Yoga classes a try—they are great body-stretchers and wonderful stress relievers. The evening classes are usually less crowded.
- 8.** Exercising is actually enjoyable, but healthy eating is harder to do. You always need to work on good diet. Try to make healthy choices at every meal. Even small changes add up.
- 9.** Always drink plenty of fluids when working out. Green tea before a workout can help with stamina.

10. To combat the afternoon munchies keep a small container of healthy snacks around (eg, almonds, pretzels, and fruit).

11. Even fundamental muscle conditioning techniques, which aren't overly complicated, can greatly improve muscle definition.

12. When exercising there's always room for progress. Find out what works for you personally and stick with it.