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In case you are wondering, wait a few minutes or hours and the weather will change again! Reality has sunk in, yes, it's still winter! Is it January Blues lingering, or Groundhog blahs? I can say this, March is around the corner, and so is Spring. We live in Maine, maybe we'll get lucky and not have mud season! What you say, Arlette? You heard me and read right. So now, I have a few solutions.

Hang on, wait for it...go to a spa, take a weekend away and have some fun, and stimulate the body with a nice vigorous walk/run, or swim a few laps in a pool, or play indoor tennis. Or, if you don't mind bundling up, go for a sleigh ride. Next, while you are relaxing, commit yourself and your family, to making some healthy choices about the food you are eating, and establish an exercise regime that will work for all of you. Buying food especially now with having endured two years of COVID-19, Omicron, food is expensive. Try and plan the meals out and be more conscientious of what you are eating. Incorporate more fruit, and veggies in your diet. Less four-legged fats, and more beans, legumes, and lentils. Long grain brown rice versus plain white rice. Eat more than one fruit in a day. The slight changes one makes, will illuminate the changes in your body. Be it poundage loss or inches.

Next, remember stress has had an impact on everyone throughout this pandemic. Stress affects the body in multiple ways; from head to toe, internally and externally within the body. It raises the cortisol levels in your body, affects the fat stores in the body (good and bad), the connective tissue in the body, and the brain cells! It also affects your sleep! YES!! Sleep is important, try and get at least seven hours a night. Mentally, emotionally, and physically your body will benefit from this amount of sleep.

Get motivated and, make some goals to achieve with your exercise program. Call us here at The FitStop Limited Company and we can help you put a plan in place that will work for you, and your family. We're reasonable, local and you would be amazed at what one can accomplish! The feelings are rewarding, exhilarating, and successful! Don't wait call now and make an appointment. See you soon!

Healthy Blessings Always, Arlette