

January 16, 2014

Steve Thomas, Fitness Expert:

I'm really excited about Mark and his fitness plan. He has a goal to lose at least 2.5 percent body fat by the end of the month, and I can tell he's changing already. For 2014, Mark has a goal to lose 8.5 percent body fat and to lose 20 pounds.

His workouts are improving dramatically after each time I see him. At first, I thought I needed to supervise him for each workout, but just after three sessions, he's improving so much that I don't have correct his form as often as expected. Overall, I want to say he's staying very positive, getting more into it each time I see him, and I know he will do well.

Kellie Hill, Nutrition Expert:

There are a lot of diet plans out there to choose from – and, in truth, almost every plan has worked for someone. But finding the right individual plan is the key to quickly achieving goals and finding long term success. To do this, Jami completed a simple questionnaire to help identify where her body derives energy from, how her body stores fat, and which foods will help create balance for her individual body type. This helps create an individual plan with personalized recipes. This week we will discuss proper portion sizing to ensure that not only is she eating the best nutrient-dense foods for her body, but in the proper amounts and ratio. Readers can complete the same questionnaire as Jami to receive an individual plan and portion sizing information at therightnutritionplan.com [What and When to Eat](#).

Jami Young, Nutrition Challenge Volunteer

I have decided that change totally sucks! I like what I like. Really, don't we all? In order to make a life change, I have had to change my mindset! My semi-sedentary lifestyle has come to an end. Exercise at the gym has become my morning routine. Kellie Hill at the Right Plan has me eating. I feel like I eat all day long. Funny thing is that I am losing weight. I am eating foods that I have chosen. They are not off of a strict list or out of a book that has a "DO" or a "DON'T" list, food that is from an actual store! This week's goal is portions. Do we ever really eat an actual portion of anything? Cereal, I love cereal. Have you ever actually stopped and measured a cup of cereal? Trying to keep up with change in my life and so far change is good!

Mark Sanford, Fitness Challenge Volunteer

I am starting to view myself as a series of muscle groups: Rhomboids (major and minor), abs, deltoid, glutes, hamstring, etc. I told Steve, my trainer, to tell me more as I have not paid much attention to these systems before. At his gym, there is a machine and specific exercise to strengthen and stretch each muscle group. I was told my muscles were mostly all tight due to a sedentary life. Hardest for me was the elliptical machine that got my heart rate up to about 140 beats a minute after doing a motion that mimics being on cross-country skis. It was a bit stressful to go about five miles per hour for a period of time on that machine

I felt good afterward and began to think favorably for the first time, and realistically, that I could continue these work outs as part of my life in the future. It is noteworthy that the predominant fellow gym members are young females, with an occasional older person also of both genders. Are work outs primarily attractive to young people?

It is crucially important to have someone introduce you to the regime so that you go about things properly and avoid injury. My last encounter with a gym years ago was not favorable as I pulled something in my knee by improperly dismounting some machine. I recall being told either boredom or injury is the usual fate of gym participants. Nowadays, of course, there are video screens and music to keep you distracted if that is what you need to keep it up. I will bring an ear bud next time.