

CORE Matters - The CORE's Members-Only Newsletter

HOW TO FIND YOUR EXERCISE MOJO AND KEEP IT

So the year is flying by and you've just realized you haven't been to the gym in weeks and it's clear your latest fitness resolutions went out the window months back! It happens. Here's how to fix it.

If you're feeling like you've lost your mojo the first thing you need to do is recognize that it's totally normal. This is reality, motivation often goes astray. When your mojo is missing you have a few choices. You can choose to carry on as is and wallow in what could have been or you can take a moment, decide to kick your own butt into gear and follow these four P's of motivation.

PLANNING - Get your schedule sorted and start treating your workout as an event that's just as important as any other appointment.

DIARY and color code that time in your schedule, so that you have time which is set for your fitness. Consider this a date with your own physical fitness and mental wellbeing. You know that if you don't schedule this in everything else will take priority; kids, partners, pets, the wash, etc.

PRIORITIES - You need to Prioritize your set workout times as non-negotiable. These workout times should become known as "tiger time", something you guard as fiercely as a tiger mom protecting her newborn cubs. You should decide on a minimum number of sessions that you need to allocate as "tiger time". You do these sessions no matter what and any extras are exactly that, extras.

PEOPLE - Every great team and athlete has a crew and support tribe around them. You need yours. People such as friends, family and colleagues who are as invested in your success and helping you reach your goal are golden. Take the time to let those closest to you know what you need to do each week and why. Tell them about your goals and the commitment you are making. Ask them to help hold you accountable.

PURPOSE - So what is the real kicker behind setting SMART goals? The answer is your WHY. Your purpose. Ask yourself why you want to lose the 5 pounds? What is the real reason, desire and purpose? Why is this important to you?



A Healthy Recipe!

Watermelon Fruit Pizza

Ingredients Needed 1/2 cup low fat plain yogurt, 1 tsp. honey, 1/4 tsp. vanilla extract, 2 large round slices watermelon, 2/3 cup sliced strawberries, 1/2 cup halved blackberries, 2 tbs. fresh mint

Combine yogurt, honey and vanilla in a small bowl. Spread 1/4 cup yogurt mixture over each slice of watermelon. Cut then into 8 slices and top with strawberries, blackberries and mint.

Amount Per Serving: Calories 64, Fat 1g., Sat Fat 0g, Protein 2g, Carbohydrates 15g

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8 Things to Know About Your H2O

Water is really important! There's no doubt that water is essential – it's crucial to every chemical reaction in our bodies, and if we don't have it, we'll die. We can live without food for a month or more, but three days without water and we're in serious trouble. Water makes up 50 to 60 percent of our body mass. A loss of even two percent means we'll become dehydrated.

1. DEHYDRATION HARMS YOUR BODY Being well-hydrated means our bodies can function as they should. If we're dehydrated our whole system, including our metabolism and circulation, slows down, our cells are not getting enough oxygen. That might mean we experience tiredness and "brain fog". Having plenty of water means our kidneys can do their job and flush out the impurities that are a by-product of metabolism.

2. WATER IS JUST WATER Plain old water just isn't enough anymore, going by the enhanced options now being marketed – "activated" water, alkaline water, ionized water, even paleo water. While there's little, if any, evidence to back the claims of these fancy waters, they can certainly command eye-watering prices.

3. WATER IS ESSENTIAL FOR HEALTHY DIGESTION When we eat lots of fiber, we need enough water in the bowel to keep everything moving through. If we don't get enough, constipation can be the uncomfortable result.

4. WATER CAN HELP REGULATE OUR APPETITE Drinking water before and between meals has been shown to potentially slightly increase the calories people burn and may also decrease the calories we take in when we do eat.

5. SORRY, WATER ALONE WON'T CAUSE WEIGHT LOSS You may hear that water helps us burn fat, possibly because when we're dehydrated we can burn less fat as our systems slow down, which is not quite the same thing. But if we're getting enough, water doesn't seem to offer any magical benefit.

6. THERE'S NO PERFECT AMOUNT WE SHOULD DRINK EACH DAY

We've all heard the "eight glasses a day" rule, but in reality, those numbers are pretty arbitrary. Our needs vary from person to person, and from day to

day – it depends on where we are and what we are doing. If we're in a hot climate, or doing lots of exercise, we'll need more water than someone who's inside a cool air-conditioned office sitting still. Generally, we need a basic water intake of between two and three liters, depending on our gender, to replace the water our bodies lose through the day.

7. WE DON'T GET ALL OUR WATER FROM DRINKING Being permanently attached to a water bottle isn't necessary. We get water from other fluids, too – juice, milk, soft drinks, even coffee and tea. While you might have heard these last two are dehydrating, that's a bit misleading; yes, they can have a mild diuretic effect but they still contribute to your water intake. So do many foods, most fruits and vegetables contain lots of water, and even unexpected foods like bread can be high in water.

8. YOUR BODY KNOWS WHAT IT NEEDS If you feel thirsty, that's a good sign you need to drink. If you're tired and getting headaches, that could also be a signal you're not properly hydrated. Your urine is also a great guide: keep an eye on the color, and aim for pale straw; dark yellow or amber means you need more water. When you're working out, and afterwards, follow the same body cues. If you're sweating a lot from an intense training session, you'll need to replace the water you've lost, but don't force it down. Rehydrating slowly is a safer option. It is possible to drink too much water. This can be extremely dangerous. Hyponatremia is an electrolyte disturbance that can be caused by drinking excessive water, causing the body's sodium levels to become dangerously low. It can cause seizures or even death. A milder form, so-called "water intoxication" can also be an issue – it's sometimes seen in athletes who drink too much, too quickly. Symptoms include nausea, vomiting and blurred vision. If you're drinking more than four liters a day and you're not an athlete or in a very hot climate, you could be at risk of over-drinking.

CORE "Focus on Fitness" Features

CORE-Fit Feature Class

Boot Camp

Interval class which incorporates cardio and strength training. In an inviting, motivating and inspiring group environment, this class is designed to get results in both speed and endurance, while tightening and toning the entire body!



CORE Spotlight Instructor

Gina Lietza

I have been teaching group fitness for 19 years. My first format was Step aerobics at the Indian Boundary YMCA. I have been at The CORE for 9 years now teaching Spin, Boot Camp, Tabata and most recently, SilverSneakers. I always enjoyed being a participant in group fitness classes. Being with other people in a class format always felt motivating and fun. That is what brought me to become a certified group fitness instructor. I love inspiring and challenging people to meet their fitness goals. Thank you to everyone that allows me to be your coach in whatever it is that you come to The CORE to gain.