

4 Ways to Motivate Yourself to Exercise

by Hut Allred

Think of the hours of training and amount of discipline it takes for Olympians like Shaun White to be at the top of their game. His last, gold-medal winning run on the half-pipe was incredible!

Those of us who aren't Olympians can create our own goals, and this can help with personal motivation to be healthy & fit.

Staying motivated to work out (especially when it's not so great outdoors) can be challenging. Let me share a few ways that I stay focused on fitness.

1. Have a trip on your calendar – For me, it's usually a surf, snowboard or wakeboard trip—all of which require me to be in shape and athletic. Find something you enjoy that's active and plan a trip around it! You will be surprised how focused you are with your fitness when you have an active trip planned.

2. Change up your routine – I break up my program into seasonal phases. FALL: I focus on building strength and muscle. WINTER: I focus on mobility and flexibility. SPRING: The focus is on conditioning and getting lean. SUMMER: I play!! I cut back on my training and spend more time wakeboarding, surfing and electric-skateboarding. When you break up your program into phases like this, and have something you are training for (like in step 1), it's so much easier to stick to your program.

3. Hire a personal trainer – Yes, you heard me! Even I hire coaches for myself. I've invested my time and energy working with some of the best. Why? You may ask.



It's simple—so I don't have to think about my program...and when I'm accountable to someone, I get it done. It's easy to NOT push yourself or stay on point with your nutrition, but when you throw in some accountability, it's a commitment...when I make a commitment, I get it done. When I don't do this, it's easy to slack off. (Let me know if you live in the Dallas area and you'd like more information on getting your own personal trainer. [Contact me here.](#))

4. Work out with a partner – It's always more fun and more motivating to work out with someone else. If you don't have the means to hire a personal trainer, recruit a friend! Find activities you both enjoy doing and make it a regular thing so you're sure to keep your appointments for exercising. If your workout partner is going on that active trip with you, there's even more to look forward to together! Brenda and I love our trips together...that's us in the main photo above, enjoying the snow.

It feels so great to be over age 40, and still healthy and fit enough to enjoy these activities that I love.

I hope you feel motivated now, so even though you may not be training for the Olympics, you can still enjoy exercise and being active!

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Practice Being Unplugged

We're not talking about guitars...and those of us who are old enough to remember the days before mobile devices, Internet and wi-fi can probably imagine the benefits of regular periods being unplugged.

Unplugged is basically not being connected to the tech world for a while—no phones, tablets, computers, TV, Internet or wi-fi. Is the mere suggestion making you anxious? You might be surprised how being unplugged, even for a day or two, can benefit your health.

Studies have shown an increase in depression and suicidal thoughts, and a change in brain chemistry, by giving in to “smartphone addictions” on a daily basis. Also, the way we communicate is changing us as people. We are not interacting with people one on one as much as we used to before technology. Even talking on the telephone is being replaced with texting.

Practicing being unplugged, even for a day or two, can refresh your mind, help you sleep better (and lighten dark undereye circles), improve posture or carpal tunnel symptoms, de-stress your eyes, and lessen anxiety. It could also improve your relationships by allowing you to interact in person, in a healthy way, with fellow humans! Try unplugging and see the benefits for yourself.

To Your Health,



Hut Allred
President, New Wave Fitness, Inc.



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Questions from Readers

Q: Which vitamin or mineral should I never forget to take?

A: While they are all important, if there were one micronutrient that we would recommend taking every day without fail, it would be magnesium. Did you know that magnesium is utilized by every organ in your body?

If you think you're getting enough magnesium, you'd be among only 25% of people in the U.S. who actually *do* get the recommended daily amount of this mineral, and that may not even be enough for our bodies to function at optimal levels.

Symptoms of magnesium deficiency may include migraine, fatigue, anxiety, diabetes, Raynaud's syndrome, nerve problems, and many more.

Remember to consult with your doctor before making the decision to increase your intake of magnesium, but when selecting a supplement, choose any form that ends in "-ate," such as magnesium citrate or magnesium taurate.

If you'd like help in selecting the best vitamins and minerals for your physiology, contact us at the email address below.

Send your health & fitness questions to:
info@newwavefitness.com and your Q&A
may be featured in a future issue!

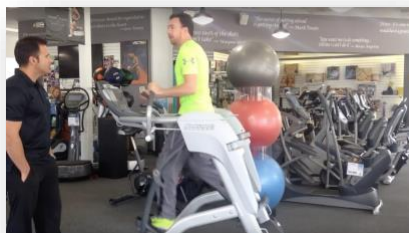
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& services by
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Hut & Craig: Fitness Equipment Review



Click the link below to watch
Hut & Craig's review of the
Octane Zero Runner!

www.NewWaveReviews.com

Octane Zero Runner...just by the name of this machine, what do you think it's all about? Here's a hint: After Craig had knee surgery, he was able to exercise on this without experiencing any pain!

How would you use a zero-impact running machine?

Craig said, "Octane's engineering minds just come out with these machines that are incredible. It is literally the very first machine we have ever had that completely simulates a real walk, jog, and a run with zero impact."

This is definitely a game-changer for anyone with injuries or joint issues. Or if you've enjoyed running in the past but quit

because of pain, this piece of equipment can provide a way for you to simulate running or jogging in a safe, pain-free manner.

The Octane Zero Runner has a smaller footprint than a treadmill or elliptical, and is lightweight, easy to move. Try one at a Busy Body store in your area!

Stop in to any Busy Body store and test drive anything on the floor. Their team will help you find the best piece of equipment for your needs and goals. Find a location near you:

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Featured Review

"There was no way I could get to the gym and I thought that was my only option. By the time you get free time, you're just tired and you want to sit. Then, my husband, for my birthday, found you guys so that changed my whole life. Immediately my energy levels went up. I started seeing muscles. My mood was better. I was more positive. The hardest part of working out is actually getting started. New Wave takes that out because they just come to your door."

- *Sima P., Irving*



Chicken Enchilada Quinoa Bake

This is gluten free, packed with protein and loads of cheese. This casserole is a true crowd-pleaser. If you're a fan of traditional enchiladas, you'll love this slightly healthier version.

Servings: 4
Calories: 456 kcal
Author: Joanna Cismaru

Ingredients

- 2 tbsp olive oil
- 1 small onion finely chopped
- 2 cups quinoa cooked, I used red, white or red
- 1 chicken breast cooked and shredded
- 8 oz black beans (about half can)
- 3 tbsp canned chopped green chiles
- 1 1/2 cups enchilada sauce
- 1/2 cup cheddar cheese shredded
- 1 cup Mozzarella cheese shredded

Instructions

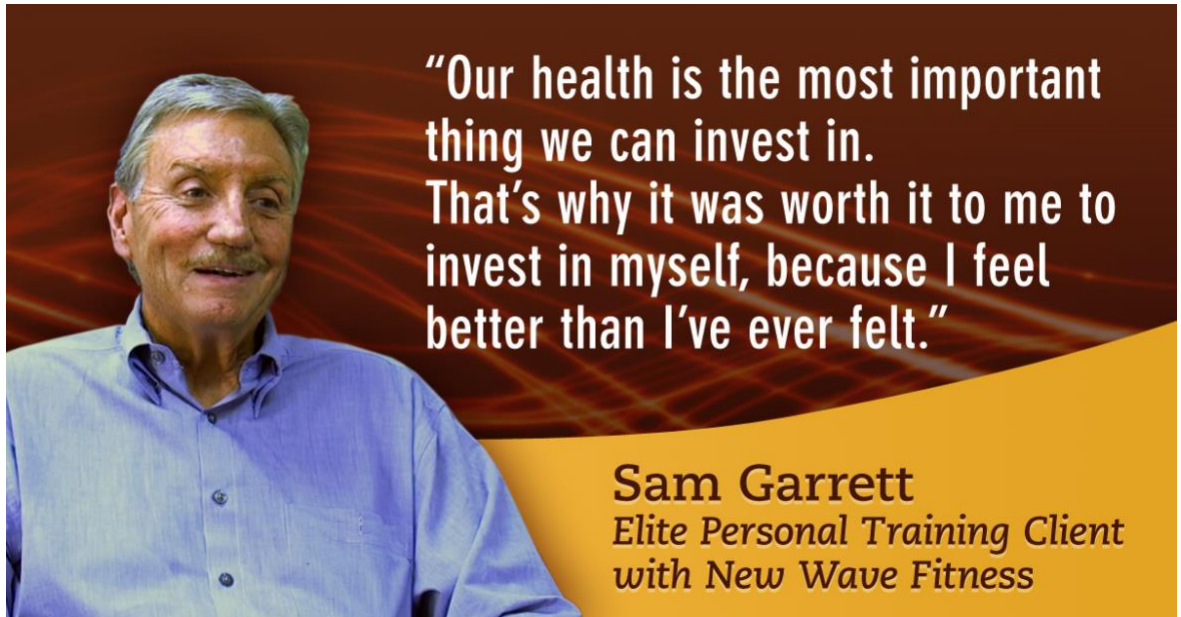
1. Heat oven to 350°F.
2. Spray 8-inch square ceramic or broiler-proof baking dish with cooking spray.
3. Heat a medium size skillet over medium-high heat. Add oil and onion; cook 5 minutes or until onion is soft.
4. Reduce heat to low. Add quinoa, chicken, black beans, green chiles, and the enchilada sauce; stir to combine. Remove from heat.
5. Stir in cheddar cheese. Transfer quinoa mixture to prepared baking dish. Top evenly with pepper Mozzarella cheese.
6. Bake 10 to 15 minutes.
7. Turn oven control to broil and broil 1 to 2 minutes or until cheese is golden and bubbly. Remove from broiler. Top with sour cream and cilantro. Serve immediately.

Recipe Notes

Quinoa is a whole grain, high in fiber, naturally gluten free, rich in 8 essential vitamins & minerals, and even contains protein!

Prep Time 15 mins | **Cook Time** 30 mins





Sam has a goal: To live a long and happy life. He says the only way to do that is to be healthy. As a business owner, he is busy enough working about 12 hours every day, but he is also an avid gardener and beekeeper!

Sam said, "It's a long day. I get here before seven and I don't leave till about seven. In order to do this five, six days a week, you need some stamina, you need some strength, you need to feel good, and I needed somebody to teach me professionally how to do a workout correctly to get the most out of my time."

This is why Sam hired his in-home personal trainer through New Wave Fitness. Along with weight loss as a goal, he also wanted better flexibility, stability, balance, and to get more toned.

Doing exercises correctly and with proper form was a concern for Sam because he had past injuries from falls and surgeries. He didn't want to injure himself further, so having supervision and guidance from a professional trainer was important to him.

Sam sat down with Hut to tell us his story...

**Visit the link below to watch
Sam's video interview!**
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A Sneak Peek: What's Inside

- 4 Ways to Motivate Yourself to Exercise
- Never Forget to Take This Mineral
- Practice Being Unplugged (My letter to you!)
- A Zero-Impact Exercise Machine
- Healthy Recipe: Chicken Enchilada Quinoa Bake