

## DROWNING IN FITNESS GOBBLEDYGOOK?

That old slang expression gobbledygook, coined in 1944 meaning talk or writing that's wordy, complicated, unintelligible jargon, is still relevant today.

Now more than ever, people are making getting into shape a far-too-complex undertaking. It's information overload.

How do you find your way through all the fitness gobbledygook?

Let me give you a few quick simple tips.

- If you can't workout 5 days a week, then cut back to 3.
- Those of you who are new to exercise, get at least 150 minutes of moderate aerobic exercise per week.
- Do strength training exercises for all major muscle groups at least twice a week.
- Having trouble overeating in social environments? Eat a snack at home beforehand and stay mindful.
- Eat less. Move more.

And join BALLANCEBODYWORKS fitness classes where our workouts are simple, effective, and meet achievable goals.

