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Getting in shape for the New Year



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What are the right things for you to do, to get in better shape for 2011? Jefferson College of Health Sciences Fitness Expert, Allison Bowersock, says it all depends on what you are trying to accomplish. [\(more\)](#)

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By [CHRIS WHITLEY](#)

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What are the right things for you to do, to get in better shape for 2011? Jefferson College of Health Sciences Fitness Expert, Allison Bowersock, says it all depends on what you are trying to accomplish. "You definitely want to make sure you have a specific goal in mind. Whether it's, you want to lose 10 pounds by January 30th, or you want to fit into a new dress size by April. Have a goal that is specific, measurable, and realistic," says Bowersock.

Also keep in mind, when you are trying to shed some unwanted pounds, improving your overall health is a big step in the process. "Your health comes first, and your weight comes second. If you have high cholesterol, or you have spoken to your doctor about something you are managing with medication, a lot of times exercise can reduce those symptoms and reduce the risk to need any medications at all," said Bowersock.

The gym is not always the answer for everyone, Bowersock says, there are plenty of ways to stay in shape right in your own home.

Dumbbells, stability balls, and other tools can help you achieve your goals. Of course, exercise alone is not enough. "It's really important to eat a clean diet. If you work out, that's great, but ultimately if you are not watching your diet, you could be consuming more than you burn, and that gains weight," said Bowersock.

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