



March 2010

GO - Nutrition Month

Fitness 101: Top 10 Reasons to Start Lifting Weights Today

Most of us need a good reason to try something new. Whether it's tasting a new food that's supposed to be good for you or trying a yoga class for the first time, we all need a push to go out of our comfort zones.

Today I want to push you out of your comfort zone to try something new. I want you to lift weights. Let me give you the reasons why you should get strong...

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Happenings: Are You Getting Enough Protein? + Area Charity Events

What fuels your exercise? Endurance athletes may think of the traditional pre-race pasta dinner, part of a process known as 'carb loading.' But according to one group of researchers, that's overshadowing the importance of protein ... and many active people aren't getting enough.

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