

Live A Healthy Life

Mix It Up And Fit In Fitness With Celebrity Personal Trainer Ramona Braganza

by Ramona Braganza

(NAPSA)—We all know we need to exercise; however, life gets in the way and fitness takes a back-seat. I tell my celebrity clients to find ways to incorporate fitness into their everyday routines. This helps keep exercise a realistic task, and allows them to mix things up during the day, keeping them motivated. Here are some tips to fit in fitness the 3-2-1 Way.

Before working out, I tell clients it's important that their bodies are functioning at their best. To maximize results, the body must be fueled and hydrated. My 3-2-1 Nutrition Plan calls for 3 meals, 2 snacks and 1 liter of water per day. Meals should be complex carbohydrates with lots of veggies. Snacks should combine protein and fiber. Drink at least 1 liter of water a day. For clients who have trouble reaching their hydration goals, I recommend they incorporate a great-tasting and low-calorie beverage, such as Fuze Slenderize, which is an excellent source of antioxidants and vitamins A, C and E. It comes in five fruit flavors, so they can mix it up while getting the hydration they need.

Here are easy ways to mix fitness into your day (calories burned are appropriate for a 130-lb female):

...At The Office

Do reverse flies with bottles to help counteract forward slouch from sitting all day. Standing one leg in front of the other, hinge forward at the waist and keep eyes looking down. Holding bottles, with arms hanging down and below chest, raise arms up to shoulder height, then return. Repeat for 1 minute. Burn: 5 calories/1 minute. When you're finished with bottles,



Celebrity fitness trainer Ramona Braganza.

drink the fluid to stay hydrated and keep energy up.

...While Running Errands

Do bicep curls with your grocery bag while walking. Hold a bag at your side, bend elbow and raise bag up to shoulder, then lower back down, slowly. Repeat 20 times for one arm, then switch arms. Burn: 57 calories/10 minutes (10-minute walk at 3 mph = 42 calories; 5 minutes of bicep curls = 15 calories).

...While You Clean

Dance to your favorite music while cleaning the house. Anything goes, so dance with energy and enjoy. Burn: 58 calories/10 minutes.

More information can be found at www.ramonabraganza.com and at www.facebook.com/FuzeBeverage.

• *Celebrity fitness trainer Ramona Braganza is best known for sculpting A-list clients' bodies; she is creator of the "3-2-1 Training Method" and "3-2-1 Baby Bulge Be Gone" and a paid spokesperson for glacéau.*