

ACSM'S  
TOP 10 TRENDS  
2015

**BODY WEIGHT TRAINING  
NOT JUST PUSH-UPS &  
PULL-UPS, SOME LIGHT  
EQUIPMENT USED**

**HIGH INTENSITY  
INTERVAL TRAINING-HIIT  
SHORT BURSTS OF HIGH  
INTENSITY FOLLOWED BY  
SHORT RECOVERY PERIODS**

**EDUCATED, CERTIFIED &  
EXPERIENCED FITNESS  
PROFESSIONALS**

**STRENGTH TRAINING**

**PERSONAL TRAINING**

**EXERCISE & WEIGHT LOSS  
STRUCTURED PROGRAMS**

**YOGA**

**FITNESS PROGRAMS FOR  
OLDER ADULTS**

**FUNCTIONAL FITNESS  
STRENGTH TRAINING TO  
IMPROVE BALANCE, CO-  
ORDINATION, FORCE,  
POWER AND ENDURANCE  
TO ENHANCE DAILY LIVING**

**GROUP PERSONAL  
TRAINING**

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## RESOLUTIONS FALL BY THE WAYSIDE

“Check-ins on Facebook to facilities with ‘gym’ or ‘fitness’ in the name drop 10% in February, according to two years of Facebook data. The decline starts as early as the third week in January, Facebook researchers say. This dip comes after a more than 50% surge from December as people chase vows to lose weight or get fit.” To make your resolutions “stick”, *Wall Street Journal's* Rachel Bachman reports:

“Setting a specific goal is more effective than vague vows to work out more. A new habit should be realistic enough to be reachable but challenging enough to be worthwhile, experts say.”

Full article: [here](#).

Heidi Mitchell, also of the *Wall Street Journal*, interviewed “expert, Judith Beck, Ph.D., president of the Beck Institute for Cognitive Behavior Therapy in Philadelphia and a clinical associate professor of psychology at the University of Pennsylvania.”

“The most common January goals focus on weight loss and better general health, but nearly all of them fit into one of seven categories: physical health, organization, relationships, how to spend leisure time, spirituality, creativity and work.”

“Typically, though, people fail to stick to their annual goals because the resolutions are too demanding, vague or unrealistic.” Full article: [here](#)

OK, all the aforementioned is fine and well, but *LA Times'* Brian Wu's gradual approach made WAY more sense to me AND you can set goals anytime, not just January 1.

**On weight loss**, slow and steady as opposed to fad-fix-me-quick diets is the way to go. “It takes time, patience and commitment. However, the more slowly you lose the weight, the more likely you are to keep it off.”

**On detox**, skip the diets and often-dangerous procedures. Instead, “a healthier, sustainable alternative is a daily detox. This can be as simple as drinking green tea, water with lemon juice or diluted apple cider vinegar. Drinking six to eight glasses of filtered water a day still remains one of the best ways to flush the system out.”

Here's a simple way to get pure water into your body so that it is absorbed. MELT® Method creator [Sue Hitzmann](#) suggests only one liter, about 33-ounces a day, and sip every 15-minutes. Why sip not glug? Think of your body's tissue as a dry sponge. If you try to rehydrate it under the faucet, water rolls right off but if you gradually add water, the sponge can hold more water.

**On 15-minutes of quiet**: “One of the healthiest and most do-able resolutions you can make for 2015 is to take 15 minutes out of each and every day to simply be.” Full article: [here](#)

## WEIGHING IN

I hop on the scale everyday, not because I'm obsessive, ok maybe a tad, but more to satisfy the scientist in me, to chart fluctuations. Yes, total body weight can vary anywhere from 1 to 3 pounds depending on how late you ate, how much sodium was in what you ate and how well hydrated you are.

*Wall Street Journal's* Heidi Mitchell reports how often to weigh in depends on your goal. “Marlene Schwartz, director of the Rudd Center for Food Policy and Obesity at the University of Connecticut [recommends] ‘For those who are just maintaining their weight, once a week is fine to give you a good average weight.’ Wednesday is the best day for a weigh-in, because it is furthest from the weekend when restaurant dining and chaotic eating is more common.”

For weight loss, “weighing three times a week or more makes sense ‘because it allows you to really understand what's happening in real time,’ Dr. Schwartz says. In fact, research conducted by the National Weight Control Registry, which tracks more than 10,000 people in the U.S. who have lost and kept off significant weight for long periods, has shown that one of the key strategies for staying within target is daily scale-stepping. ‘That way you catch your weight going up right away and don't get caught by surprise.’”

Full article: [here](#)