

Fit Tip

Health Trends: Forecast for 2005



Look for...

- Balance training activities, such as yoga or Pilates, and equipment, such as BOSU balls. These activities help retain balance that may be lost with age while strengthening the core and other stabilizing muscles.
- Functional fitness. Activities that enhance coordination and help with daily activities or sports have been drawing attention for years. Try exercising multiple muscle groups at the same time or utilizing free weights in lieu of machines.
- Family outdoor exercise. Spend time being active with the kids!

Sources: www.cnn.com and the American Council on Exercise, www.acefitness.org

Shoot for a healthy, **BALANCED** lifestyle and diet in 2005!



Stick a fork in it

The low-carb craze. In February 2004, 9.1% of Americans were going low-carb. By November, that number was cut in half. Some small companies who specialize in reduced carbohydrate products have gone out of business. Many former low-carb fans have decided the diets are just too hard to stick to.