

## NEWS AROUND THE FITNESS CENTER

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our website at:  
[www.RMPARKS.org](http://www.RMPARKS.org)

### Start the New Year Right: 5 Steps to begin

#### Step 1: Assess your fitness level

Begin by assessing your aerobic and muscular fitness, flexibility and body composition. You should consider recording body mass and waist circumference. Also record how many pushups you can do in a minute and how long it takes you to walk a mile.

#### Step 2: Design your fitness program

Consider creating goals and objectives that you would like to accomplish and put it on paper. Also create a fun well balanced routine. Relax and go on your own pace.

#### Step 3: Assemble your own fitness equipment

Be sure you wear comfortable workout clothes and proper shoes. When purchasing fitness equipment choose something practical and easy to use.

#### Step 4: Get started

Start slowly and build up gradually. Include warm ups and cool downs in your workout. Break things up if needed (you don't need to do everything in one day). Also listen to your body. If it hurts, stop. Lastly, be flexible. It's ok taking a day or two off.

#### Step 5: Monitor your progress

After the first six weeks take an assessment of yourself. Then after that every 3 to 6 months. You may need to change your plan or you could be meeting your goals.

### Fitness quote of the month

“The greatest  
wealth is health.”

-Virgil



ROLLING MEADOWS  
PARK DISTRICT

### Make healthy living a New Year's resolution

If your usual New Year's resolutions to never eat sugar again or go to kickboxing class every day leave you discouraged and ready to give up on your goals this coming year, Harrington has a new perspective on healthy living for you. Instead of having too-high expectations for yourself, think more practically. "With New Year's Eve around the corner, now is the perfect time to take a moment to reflect on the year, make New Year's resolutions to finally kick those bad habits goodbye, and focus on changes to help you live a healthier life without breaking the bank," the mind-body expert suggests.

To continue reading this article please visit: <http://www.sheknows.com/health-and-wellness/articles/849393/how-to-stay-healthy-on-a-budget-in-the-new-year>