



STRONG FOR THE NEW YEAR

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As we finish out the year and look ahead, it's always the perfect time to do a fitness check. Health and fitness are almost constantly in the daily news. It's always a topic that comes up at work, dinner or out with friends. Most of the time, your body brings it up by the aches and pains associated with lack of flexibility or how your food intake reacts with you. Health and fitness should be a part of our lives whether it's a simple walk, workouts, fitness class, yoga or how we eat.

We chose four of Charlotte's best personal trainers from Charlotte Athletic Club to not only show us the workout clothing trends to be worn to the gym

but also to provide us personal tips. Charlotte Athletic Club, located in the Bank of America Plaza Building, is an upscale gym and fitness center in Uptown Charlotte providing their members with the best tools to maximize their health and wellness and achieve their personal goals. They provide a wide variety of services to do so, including personal training, group exercise and nutrition programs, making them one of the best gyms in Charlotte. Recently, they opened their second location in Uptown Charlotte in the Duke Energy Center.

5 STEPS TO A HEALTHIER/FIT YOU!

by Henry Rosario, Personal Trainer – Charlotte Athletic Club

1. Nutrition comes first! 2. Rest and recovery are important. 3. Have a plan/program, and stick to it! 4. Push yourself. 5. Have fun!



5 TIPS TO SELECT YOUR PERSONAL TRAINER

by Michelle Bennett, Personal Trainer –Charlotte Athletic Club

1. Pick a person that could be a great role model for you. Find out more about their lifestyle and habits outside of the gym. See if they match yours.
2. Decide what type of fitness you need for achieving your goals and then find a trainer with these specialties.
3. Meet with potential trainers personally to find if personalities match. Do they have a sense of humor? Are they serious? Pick the one that will get the most out of you.
4. Investigate their certification, training location, times available and package prices that best suits your needs and budget.
5. Look for a trainer that has passion for fitness.

5 TIPS TO A BETTER YOGA PRACTICE

by Sabrina Nixon, Director of Group Exercise – Charlotte Athletic Club

1. Be patient with your self. We have unique bodies and levels to which we can bend vary, respect the limits of your body and recognize your body's capability.
2. HYDRATE. Water does a body great!
3. Incorporate passive practices such as Yin or Deep Stretch into your regular asana practice and practice REGULARLY - consistency is key.
4. Experiment with different teachers and explore different styles of practice.
5. BREATHE. Air is a necessity.

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Lululemon SouthPark

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5 TIPS TO EATING HEALTHY

by Josh Holby, Personal Trainer – Charlotte Athletic Club

1. **Get Your Mind Right.** Eating healthy is a lifestyle, not a diet or fad. Be honest with yourself, it takes self-discipline and planning. If you don't take control of your diet it will control you. Once you see the results and benefits, it no longer seems overwhelming and becomes second nature.
2. **How you eat is just as important as what you eat.** Meal timing and portion control is key to speeding up your metabolism and making your body more efficient at burning fat and maintaining lean muscle mass.
3. **Cut out processed foods and gluten.** The closer you can eat food to its natural state the better. It isn't a coincidence that obesity has become a problem of late. Avoid the middle of the grocery store where all the processed food is and shop the perimeter for natural foods.
4. **Balanced diet is key.** You need calories from proteins, carbs and fats but the proportionate balance of each are important. Carbs and proteins should make up the bulk of your caloric intake and fats should be less than 20%.
5. **Eat a variety of foods.** It's good for your body to have a broad mix of vitamins and minerals from different resources. Don't be afraid to try new things and see how your body responds. Everyone responds to food differently and pay attention to your body's responses as it will help you focus on what helps your body perform better.

Special thanks to Charlotte Athletic Club for our location; Dan Mauney for styling; Lululemon for clothing; and our models, Personal Trainers Henry Rosario, Michelle Bennett, Sabrina Nixon and Josh Holby.

www.charlotteathleticclub.com, 704.371.5600.

