

Wedding Body Tune-Up

Submitted By:

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Congratulations! You're getting married!

Planning a wedding is exciting and stressful. With such an important day approaching, you'll want to ensure that you're feeling energized and looking your absolute best. A healthy diet, coupled with regularly scheduled exercise, is a large part of keeping stress at a minimum during one of the most important times of your life.

First things first, make the commitment to have a healthier body inside and out. Do a little research to decide what type of fitness program you'll stick to. For example, instead of going the traditional gym route, begin yoga or pilates classes 4 times per week. Other fun ways to shed pounds and add cardio is to take up salsa, bollywood, or, belly dance classes. All of these modalities work up a sweat, shape and tone, burn calories and is fun! In addition to the fun factor, you'll immediately feel sexier, strengthen your body from the core, and work muscles you didn't know you had.

Up the ante and have all of the bride maids join you. Having a set meeting schedule with workout buddies almost guarantees success. Treat this meeting as you would a meeting at work. Insert your workout dates on your calendar at work, home and whatever electronic device you use. This way there will not be any scheduling conflicts. Prepare your gym bag the night before so you won't have any excuse to cancel. The second thing to commit to is a healthy eating lifestyle. Eating well, dramatically increases the results of your fitness efforts, keeps you energized and stabilizes your mood.

Once you've decided on your various activities, clear your kitchen of all junk foods. Next, it's important to start with a "clean slate" so, a 4, or, 7 day detox program is recommended. This wedding body tune up is not just a fitness and diet regimen to get you ready for your special day this is a program that can be incorporated into your daily life so that you'll always look and feel spectacular long after the wedding.

As a personal trainer, and integrative wellness coach, I can objectively report that enlisting the help of a team of experts such as a personal trainer, certified holistic health coach and image consultant, will ensure that the days leading up to your wedding will run smooth and will minimize your stress level.

Please consult your physician before beginning any fitness program.