



LIFESTYLE:

Getting Healthy in '08

Matthew Wilding BostonNOW Staff

Getting into shape is a favorite resolution each year. It's also among the first to be abandoned. This year, keep up with your goals by making them realistic, and you might be able to realize them.

"People usually start off with too high of an expectation of themselves," explained Jessica Athas, founder of Boston's Martini Workout. "They say 'I'm going to join a gym and I'm going to work out five days a week. Eventually they fall off the wagon."

Athas' advice? Everything in moderation. Take on a regimen that is realistic and doesn't overtake your life, and you're much more likely to succeed at it. Losing 10 pounds in two weeks might sound wonderful, but in reality it's unhealthy, and most likely won't stay off.

What you're eating is also important. Don't rely on the hottest fad diet when you can just as easily get healthy by eating a balanced diet and working out properly. You don't have to swear off of junk food, either. Just don't eat it every day. "You have to indulge," said Athas. "Allow yourself desserts every once in a while. If you're not enjoying what you're eating, then you're not living."

Published on January 18, 2008