



FITNESS Q & A: HERE'S TO A HEALTHIER YOU!

Question: I work out, so why can't I lose the weight?

Answer: There is no physical fitness goal that you can achieve without first cleaning up what you eat. Working out for that hour doesn't cancel out eating those cookies.

A majority of people are used to eating highly processed foods and find it difficult to break away from that habit. The good news is, it isn't impossible. This is why I recommend clean eating. Eating clean means eating whole, natural foods such as fruits, vegetables, lean proteins, and complex carbohydrates.

An easy way to remember if a food is clean is: "if man made it, don't eat it."

Is it expensive? It can be. Here are some ideas I've come across that may help;

- Check the frozen vegetables for sales to keep a variety of mixed vegetables on hand.
- Stock up on staples: beans, brown rice, pasta, oatmeal and barley. Barley and rice add fiber and help stretch meals like soups, stews and casseroles.
- Shop in the season. Fresh produce tastes better and costs less.
- Keep track of what's on sale.

I also recommend [Eat-Clean Diet](#) by Tosca Reno. It isn't really a diet at all. Reno described herself as a once 40-year-old overweight housewife. Through basic clean eating and exercise, she not only transformed her body, but her life as well. Her story is inspiring, and it's what really turned me toward eating cleaner.

