



Transcript from May 11, 2010 to May 12, 2010

All times are Pacific Time

May 11, 2010

- 12:18 am OnTrackFitness: I'm hosting the @fitcityindy #indyfitchat tomorrow at 7pmET, talking all about #fitness. Who's joining in?!?
- 12:45 am paco6288: RT @OnTrackFitness I'm hosting the @fitcityindy #indyfitchat tomorrow at 7pmET, talking all about #fitness. Who's joining in?!?<= I will
- 12:49 am OnTrackFitness: Thanks! RT @paco6288: RT @OnTrackFitness I'm hosting @fitcityindy #indyfitchat tomorrow at 7pmET, talking #fitness. Who's joining?<= I will
- 1:26 pm fitcityindy: Join us & @OnTrackFitness @ 7pm ET for #indyfitchat. An hour w/a personal trainer talking about #exercise + 5 stages of change. Be there!
- 2:24 pm OnTrackFitness: RT @fitcityindy Join us & @OnTrackFitness @ 7pm ET for #indyfitchat. An hr w/a trainer talking about #exercise + 5 stges of chnge. Be there!
- 4:36 pm OnTrackFitness: Prepping for the #indyfitchat tonight at 7pm EST & really getting excited! Who
- 4:37 pm OnTrackFitness: Oops - who's joining us in the #indyfitchat tonight at 7pm? Il about exercise?
- 4:37 pm OnTrackFitness: Ok, one more time....all about exercise tonight at 7pm! #indyfitchat
- 4:45 pm OnTrackFitness: On twitter, join in by a search for #indyfitchat. Ask questions & interact w/me & evryone invlved RT @BethYoung82: where's the fit chat at?
- 5:02 pm OnTrackFitness: @Valerie7667 Great! Yep, just read the questions & answer or ask any questions about exercise/activity! It's pretty cool! #indyfitchat
- 5:03 pm OnTrackFitness: @BethYoung82 That's awesome! Yea, I'm really excited you'll be there! #indyfitchat
- 5:07 pm BethYoung82: I'm glad I saw your tweet! :) RT @OnTrackFitness: That's awesome! Yea, I'm really excited you'll be there! #indyfitchat
- 10:42 pm OnTrackFitness: Getting ready for the #indyfitchat in 20 minutes. Hope you can join in, just search for #indyfitchat
- 10:43 pm CMV420: RT @OnTrackFitness: Getting ready for the #indyfitchat in 20 minutes. Hope you can join in, just search for #indyfitchat
- 10:47 pm CMV420: RT @fitcityindy Join us& @OnTrackFitness @ 7pm ET for #indyfitchat. A hr w/a personal trainer talkin: #exercise+5 stages of change. Be there
- 10:54 pm barbberg: RT @fitcityindy. The #indyfitchat @OnTrackFitness begins at 7 p.m. It's an hour with a personal trainer.
- 11:00 pm fitcityindy: It's time for #indyfitchat with personal trainer (& ballroom dancer) @OnTrackFitness. Our topic: the stages of change for exercise habits
- 11:00 pm OnTrackFitness: Hi everyone, welcome to #indyfitchat I'm so excited to be a part of this!
- 11:01 pm eternallizdom: Excited for #indyfitchat with @OnTrackFitness!! Starting right now! Follow the hashtag!
- 11:01 pm fitcityindy: As we get started, say hi to @OnTrackFitness and introduce yourself to the group! #indyfitchat

11:01 pm lisavielee: RT @fitcityindy: It's time for #indyfitchat with personal trainer (& ballroom dancer) @OnTrackFitness. Our topic: exercise habits

11:03 pm Valerie7667: @OnTrackFitness Hello!! I'm here :) #indyfitchat

11:03 pm OnTrackFitness: @eternallizdom Thanks for joining the #indyfitchat

11:03 pm fitcityindy: Here is a question to get us started: What do you think is the difference between physical activity & exercise? #indyfitchat

11:03 pm OnTrackFitness: @Valerie7667 Yea, thanks! #indyfitchat

11:03 pm JenStringer10: Hi, it's jen #indyfitchat.

11:04 pm FitFactorKids: Hi. This is Mary from Fit Factor. #indyfitchat

11:04 pm OnTrackFitness: RT @fitcityindy: Here is a question to get us started: What do u think is the difference between physical activity & exercise? #indyfitchat

11:05 pm OnTrackFitness: Phys Activity: bodily movements that result in burning of calories; Exercise: phys act that's planned, structured & repetitive #indyfitchat

11:05 pm lisavielee: Hi Mary from @FitFactorKids! Welcome to #indyfitchat

11:06 pm OnTrackFitness: What are some ways you're physically active? #indyfitchat

11:07 pm OnTrackFitness: approximately 36% IN adults are considered overweight & another 27% are considered obese! #indyfitchat

11:07 pm fitcityindy: If you have a question or comment as we go for @OnTrackFitness, be sure to add #indyfitchat to your tweets so we can all see it.

11:07 pm eternallizdom: Physical activity is regular, daily activity. Exercise is intentional working of the body? That's my guess. #indyfitchat

11:07 pm FitFactorKids: Agreed. Physical activity is not planned...exercise is. Ramping up physical activity helps with fitness though. #indyfitchat

11:07 pm OnTrackFitness: One quarter of Indiana adults report no leisure time physical activity in the past month. #indyfitchat

11:08 pm fitcityindy: A trend to reverse RT @OnTrackFitness: approx 36% IN adults are considered overweight & another 27% are considered obese! #indyfitchat

11:08 pm Valerie7667: P90X, running, walking, surfing RT @OnTrackFitness: What are some ways you're physically active? #indyfitchat

11:09 pm fitcityindy: @Valerie7667 I hear P90X is an intense workout. I'm not sure I'm ready for that activity! #indyfitchat

11:09 pm OnTrackFitness: RT @Valerie7667: P90X, running, walking, surfing What are some ways you're physically active? #indyfitchat -great examples of exercise

11:09 pm JenStringer10: RT @OnTrackFitness One quarter of Indiana adults report no leisure time physical activity in the past month. #indyfitchat

11:09 pm eternallizdom: #indyfitchat Active- walking as much as possible from place to place, cleaning house, playing with my kids

11:10 pm OnTrackFitness: You don't have to do a full exercise prgm to get benefits, just stay active! #indyfitchat

- 11:10 pm eternallizdom: @FitFactorKids #indyfitchat Agreed. The more active I am, the more I want to exercise!
- 11:10 pm OnTrackFitness: Great examples!RT @eternallizdom: #indyfitchat Active- walking as much as possible from place to place, cleaning house, playing with my kids
- 11:11 pm fitcityindy: RT @OnTrackFitness: You don't have to do a full exercise prgm to get benefits, just stay active! #indyfitchat
- 11:11 pm FitFactorKids: Physically active...take the stairs, walk to lunch, intentionally park far away at the store #indyfitchat
- 11:11 pm OnTrackFitness: Phys Activity can be anything, like shopping, walking the dog, playing w/kids outside, etc #indyfitchat
- 11:11 pm OnTrackFitness: Even moderate-intensity activities, when performed daily, can have long-term health benefits. #indyfitchat
- 11:11 pm Valerie7667: @fitcityindy It is VERY intense, but you can modify until your at the right level! Or start with Power 90 #indyfitchat
- 11:12 pm OnTrackFitness: Increasing phys activity is the perfect way to start getting healthier. #indyfitchat
- 11:12 pm OnTrackFitness: Perfect! RT @FitFactorKids: Physically active...take the stairs, walk to lunch, intentionally park far away at the store #indyfitchat
- 11:12 pm FitFactorKids: We play Pirates in the backyard. One person "shoots" the other players w/ the hose. You have to run away from the cannonballs! #indyfitchat
- 11:13 pm fitcityindy: @FitFactorKids Pirates sounds like the perfect game for this summer! #indyfitchat
- 11:13 pm Valerie7667: YARDWORK!!! :) RT @OnTrackFitness: What are some ways you're physically active? #indyfitchat
- 11:13 pm OnTrackFitness: Love it! RT @FitFactorKids: We play Pirates in the backyard. #indyfitchat
- 11:14 pm eternallizdom: #indyfitchat I am doing great with being more active and with getting daily exercise. My struggle is pushing past mental hurdles.
- 11:14 pm OnTrackFitness: Knowing there r stages we all go thru when mking changes hpls us keep going. #indyfitchat
- 11:15 pm eternallizdom: @OnTrackFitness #indyfitchat I have! Wrote a blog post about it recently!
- 11:15 pm FitFactorKids: @eternallizdom I think mental hurdles are the hardest part for most people. It's easier if you have a team for support. #indyfitchat
- 11:16 pm eternallizdom: @OnTrackFitness #indyfitchat Reading for later on stages of change: <http://eternallizdom.blogspot.com/2010/04/stages-of-change.html>
- 11:17 pm fitcityindy: @eternallizdom Great comment about mental hurdles. There are 5 stages of change. Does anyone have a guess what they are? #indyfitchat
- 11:17 pm FitFactorKids: I have a group of friends that I walk with at work. It was hard to motivate people at first, but now everybody is into it. #indyfitchat
- 11:18 pm fitcityindy: Will read! RT @eternallizdom: @OnTrackFitness #indyfitchat Reading for later on stages of change: <http://bit.ly/9zglCu>
- 11:18 pm eternallizdom: Should I cheat on stages since I already know them? ;) #indyfitchat
- 11:18 pm sathomps11: RT @fitcityindy: A trend to reverse RT @OnTrackFitness: approx 36% IN adults are considered overweight & another 27% are considered obese! #indyfitchat

11:19 pm adamslinda: RT @OnTrackFitness: You don't have to do a full exercise prgm to get benefits, just stay active! #indyfitchat (especially if it is new 4 u).

11:19 pm fitcityindy: (via @OnTrackFitness) Stage 1 = Not Thinking about changing. Not being active. #indyfitchat

11:19 pm adamslinda: RT @OnTrackFitness: Even moderate-intensity activities, when performed daily, can have long-term health benefits. #indyfitchat

11:19 pm fitcityindy: @eternallizdom Sure! Do share! #indyfitchat

11:19 pm OnTrackFitness: RT @FitFactorKids: a group of friends that I walk with at work. Hard to motivate people at first, but now everybody is into it. #indyfitchat

11:20 pm FitFactorKids: 5 stages of change...guessing awareness is one of them. Maybe goal setting. #indyfitchat

11:20 pm OnTrackFitness: Stage 2: Thinking about changing (more active) but u haven't done anything yet #indyfitchat

11:20 pm eternallizdom: First stage of change is precontemplation. #indyfitchat

11:20 pm OnTrackFitness: Anyone know what stage 3 is? #indyfitchat

11:21 pm eternallizdom: Stage 3- Preparation. #indyfitchat

11:21 pm OnTrackFitness: Stage 3: Doing some activity but not yet enough to see benefits/not a habit #indyfitchat

11:22 pm OnTrackFitness: Stage 4: Doing enough phys act to see benefits but not long enough for a habit #indyfitchat

11:22 pm eternallizdom: Stage 4 is action- that's where I am now! #indyfitchat

11:22 pm OnTrackFitness: Stage 5: You've been phys active long enough to make it a habit #indyfitchat

11:22 pm OnTrackFitness: Where do you fit into the stages of change? #indyfitchat

11:23 pm OnTrackFitness: You're on the right path! RT @eternallizdom: Stage 4 is action- that's where I am now! #indyfitchat

11:23 pm fitcityindy: Where is everyone else? t RT @eternallizdom: Stage 4 is action- that's where I am now! #indyfitchat

11:23 pm OnTrackFitness: It's normal & ok to move around the stages when trying to get to stage 5 #indyfitchat

11:23 pm Valerie7667: Stage 5 :) RT @OnTrackFitness: Where do you fit into the stages of change? #indyfitchat

11:23 pm FitFactorKids: RT @OnTrackFitness Stage 5: Being phys active long enough to make it a habit << Let's reach Stage 5! #indyfitchat

11:24 pm OnTrackFitness: Has anyone moved around a little? #indyfitchat

11:24 pm OnTrackFitness: Great! How long? RT @Valerie7667: Stage 5 :) RT @OnTrackFitness: Where do you fit into the stages of change? #indyfitchat

11:24 pm eternallizdom: All the time! In 5 years, this is longest I've been active. RT @OnTrackFitness: Has anyone moved around a little? #indyfitchat

- 11:25 pm OnTrackFitness: How do u see the 5 stages of change pertain to exercise? #indyfitchat
- 11:25 pm fitcityindy: Bad days can be a set-back sometimes. RT @OnTrackFitness: Has anyone moved around a little? #indyfitchat
- 11:26 pm OnTrackFitness: @eternallizdom It's normal to go back and forth a lttle - the key is Keep Trying! #indyfitchat
- 11:27 pm OnTrackFitness: When we are very busy & it's hard to 'exercise', instead of going bckwrds, get phys active thru the day #indyfitchat
- 11:28 pm OnTrackFitness: What are some ways to increase your daily activity? #indyfitchat
- 11:28 pm OnTrackFitness: One way I do is to walk the dogs #indyfitchat
- 11:29 pm eternallizdom: I march in place at my desk during conference calls! RT @OnTrackFitness: What are some ways to increase your daily activity? #indyfitchat
- 11:29 pm fitcityindy: Walk more! with the @fitcityindy 4,000 Steps Challenge! :-) RT @OnTrackFitness: What are some ways to increase daily activity? #indyfitchat
- 11:29 pm OnTrackFitness: The CDC & prevention estimates that if all phys inactive Americans became active, we'd sve \$77 billion in annual medical costs! #indyfitchat
- 11:30 pm lisavielee: I climb the stairs during TV commercials. RT @OnTrackFitness: What are some ways to increase your daily activity? #indyfitchat
- 11:30 pm Valerie7667: Walk on ur lunch break , especially if its a desk job! RT @OnTrackFitness: What are some ways to increase your daily activity? #indyfitchat
- 11:30 pm OnTrackFitness: @eternallizdom That's exactly right! #indyfitchat
- 11:30 pm OnTrackFitness: Perfect!RT @fitcityindy: Walk more! with the @fitcityindy 4,000 Steps Challenge! What are some ways to increase daily activity? #indyfitchat
- 11:31 pm lisavielee: RT @OnTrackFitness: CDC estimates that if all inactive Americans became active, we'd sve \$77 billion in annual medical costs! #indyfitchat
- 11:31 pm OnTrackFitness: Anybody garden? That's great activity. How about play w/kids? #indyfitchat
- 11:31 pm eternallizdom: Can you talk about getting past a mental hurdle in the middle of exercising? Trying to improve my running. #indyfitchat
- 11:31 pm OnTrackFitness: And good stress relief RT @Valerie7667: Walk on ur lunch break , especially if its a desk job! #indyfitchat
- 11:32 pm Valerie7667: RT @OnTrackFitness: The CDC & prevention estimates that if all phys inactive Americans became active, we'd sve \$77 billion in annual medical costs! #indyfitchat
- 11:32 pm eternallizdom: My 5 year old and I love to do the Wii Just Dance! #indyfitchat
- 11:32 pm barbaraeperson: RT @lisavielee: RT @OnTrackFitness: CDC estimates that if all inactive Americans became active, we'd sve \$77 billion in annual medical costs! #indyfitchat
- 11:33 pm OnTrackFitness: Yes! RT @eternallizdom: Can u talk about getting past mental hurdle in the middle of exercising? Trying to improve my running. #indyfitchat
- 11:33 pm FitFactorKids: @eternallizdom Impromptu dance parties are great! We turn on the music and compete to see who has the best moves ;-) #indyfitchat
- 11:33 pm OnTrackFitness: Mental hurdles are BIG! We tend to put pressure on ourselves w/fitness. #indyfitchat

- 11:34 pm OnTrackFitness: Tip: find some exercises you LOVE, start slow and remember it's supposed to be fUN! #indyfitchat
- 11:35 pm OnTrackFitness: Dancing is great! RT @FitFactorKids: dance parties are great! We turn on the music & compete to see who has the best moves ;-) #indyfitchat
- 11:35 pm TeresaAHanson: RT @OnTrackFitness: Tip: find some exercises you LOVE, start slow and remember it's supposed to be fUN! #indyfitchat <http://bit.ly/acmBqX>
- 11:35 pm TeresaAHanson: RT @OnTrackFitness: Tip: find some exercises you LOVE, start slow and remember it's supposed to be fUN! #indyfitchat
- 11:35 pm OnTrackFitness: Try to vary your exercising, too. Walk 1 day, bike another, etc. This helps w/mental burdens #indyfitchat
- 11:36 pm DarraSoltz: Tip: find some exercises you LOVE, start slow and remember it's supposed to be fUN! #indyfitchat
- 11:36 pm OnTrackFitness: Don't forget to take a day or two off every week! We sometimes forget that's necessary. #indyfitchat
- 11:36 pm OnTrackFitness: 54% of men and 66% of women age 75 and older engage in no leisure-time physical activity. #indyfitchat
- 11:37 pm fitcityindy: Be active, but don't pressure yourself to exercise. RT @OnTrackFitness: Don't forget to take a day or two off every week! #indyfitchat
- 11:37 pm OnTrackFitness: Sometimes both mentally & physically we need time to recover, don't discount the days off! #indyfitchat
- 11:38 pm Valerie7667: @OnTrackFitness When I feel like skippin a wrkout, i think of how bad I'll feel all day, but how good i'll feel if i just DO IT #indyfitchat
- 11:38 pm FitFactorKids: Having variety in your exercise routine helps too. Tired of running? Try swimming, medicine ball, yoga, etc. #indyfitchat
- 11:38 pm OnTrackFitness: RT @Valerie7667:When I feel like skippin a wrkout, i think of how bad I'll feel all day, but how good i'll feel if i just DO IT #indyfitchat
- 11:39 pm BethYoung82: I love variety! RT @OnTrackFitness: Try 2 vary your exercising, too. Walk 1 day, bike another, etc. This helps w/mental burdens #indyfitchat
- 11:39 pm OnTrackFitness: Don't be afraid to take 1-2days off from exercise/wk. It's an important piece in ur fitness routine! Any comments? #indyfitchat
- 11:40 pm OnTrackFitness: Adding fun things to exercise like medicine balls, jumprope, stability balls r also good ways to keep motivated. #indyfitchat
- 11:41 pm fitcityindy: @OnTrackFitness sent us some ways to vary/increase physical activity that we'll post to @fitcityindy web after #indyfitchat (& link to here)
- 11:41 pm OnTrackFitness: Anyone use a BOSU stability trainer? #indyfitchat
- 11:41 pm OnTrackFitness: RT @FitFactorKids: Having variety in your exercise routine helps too. Tired of running? Try swimming, medicine ball, yoga, etc. #indyfitchat
- 11:41 pm JenStringer10: I don't have a true routine -- just aware when I haven't done much that day & need to get moving. Is NOT having a routine OK? #indyfitchat
- 11:41 pm eternallizdom: I do take 1-2 days off each week. I am pressuring myself to get past my 1 mile running limit. #indyfitchat
- 11:41 pm OnTrackFitness: Brisk walking, jumping rope, jogging, bicycling, cross-country skiing & dancing are examples of aerobic activities. #indyfitchat
- 11:41 pm FitFactorKids: Jump ropes are awesome! It's amazing how neighborhood kids come out of the woodwork when we start playing with ours! #indyfitchat

- 11:41 pm eternallizdom: Need to figure out how, while running, to let the pressure of distance or time go. #indyfitchat
- 11:42 pm OnTrackFitness: BOSU is half of a stability ball. U use it for balance work and resistance training. They're great! #indyfitchat
- 11:42 pm JenStringer10: What's a BOSU stability trainer @OnTrackFitness #indyfitchat
- 11:42 pm eternallizdom: My gym has one; I've used it a little bit. RT @OnTrackFitness: Anyone use a BOSU stability trainer? #indyfitchat
- 11:42 pm FitFactorKids: @eternallizdom Music does it for me. Find something you really love and it's amazing how you can get lost in it. #indyfitchat
- 11:43 pm fitcityindy: RT @OnTrackFitness: Brisk walking, jumping rope, jogging, bicycling, cross-country skiing & dancing = aerobic activities. #indyfitchat
- 11:43 pm OnTrackFitness: Just slow down, take walk breaks & keep breathing RT @eternallizdom: I am pressuring myself to get past my 1 mile running limit. #indyfitchat
- 11:43 pm Valerie7667: @OnTrackFitness Those things are KILLER! Trainer used to have me do jump squats on them! #indyfitchat
- 11:44 pm Valerie7667: @eternallizdom Find a place with lots of scenery to look at! And u lose track of time by being distracted! #indyfitchat
- 11:44 pm OnTrackFitness: Music helps, stay slow & walk when needed RT @eternallizdom: figure out how, while running, pressure of distance or time go. #indyfitchat
- 11:45 pm OnTrackFitness: @eternallizdom Would love to discuss it in detail later?! #indyfitchat
- 11:45 pm eternallizdom: Thanks for the tips. Will work on better music, scenery. Thanks! #indyfitchat
- 11:46 pm eternallizdom: @OnTrackFitness Sure! I'd love any help I can get. #indyfitchat
- 11:46 pm OnTrackFitness: Good! RT @Valerie7667: @eternallizdom Find a place with lots of scenery to look at! And u lose track of time by being distracted! #indyfitchat
- 11:46 pm FitFactorKids: RT @Valerie7667 Find a place with lots of scenery to look at! And u lose track of time by being distracted! << Great point! #indyfitchat
- 11:46 pm OnTrackFitness: Did you know, You can plateau on ANY stage #indyfitchat
- 11:47 pm OnTrackFitness: Has anyone hit a plateau? They can be very frustrating! #indyfitchat
- 11:48 pm Valerie7667: @eternallizdom A little over a yr ago I couldn't run a 1/2 mile, now I'm at 6mi Never thought I'd be able to do it! U can too! #indyfitchat
- 11:48 pm OnTrackFitness: When you hit a plateau, u don't need to beat yourself up. #indyfitchat
- 11:48 pm OnTrackFitness: When you hit a plateau, u don't need to beat yourself up. #indyfitchat
- 11:49 pm Valerie7667: Yes I did! For over a yr all I did was maintain! RT @OnTrackFitness: Has anyone hit a plateau? They can be very frustrating! #indyfitchat
- 11:49 pm BethYoung82: I'm there right now - looking at food & activity RT @OnTrackFitness: Has anyone hit a plateau? They can be very frustrating! #indyfitchat
- 11:49 pm OnTrackFitness: Sometimes changing ur routine just a little will help break the plateau #indyfitchat

- 11:49 pm eternallizdom: @Valerie7667 Thank you for the encouragement! #indyfitchat
- 11:49 pm erikatweets: @FitFactorKids Jump ropes are awesome! It's amazing how neighborhood kids come out when we start playing with ours! #indyfitchat so true!!
- 11:49 pm OnTrackFitness: @Valerie7667 Thanks for the motivation! #indyfitchat
- 11:50 pm fitcityindy: Great point. Push yourself but be gracious to yourself too! RT @OnTrackFitness: When you hit a plateau, don't beat yourself up. #indyfitchat
- 11:50 pm eternallizdom: @OnTrackFitness I tried Zumba for the 1st time just to shake things up. loved it! #indyfitchat
- 11:51 pm FitFactorKids: @eternallizdom Here's a story from our blog-about a mom who went from no activity 2 training for a marathon <http://bit.ly/Zyxda> #indyfitchat
- 11:51 pm OnTrackFitness: Add some intervals to ur cardio. Increase ur intensity for a couple of minutes 5-6x's during the workout. U'll burn alot of cal #indyfitchat
- 11:51 pm OnTrackFitness: That'll do it! RT @eternallizdom: @OnTrackFitness I tried Zumba for the 1st time just to shake things up. loved it! #indyfitchat
- 11:52 pm OnTrackFitness: @eternallizdom It's a great cross train for you and will also help relieve some stress #indyfitchat
- 11:53 pm lisavielee: There's a hill by my house. I run up one side, walk down the other (killer) RT @OnTrackFitness: Add some intervals to ur cardio #indyfitchat
- 11:53 pm OnTrackFitness: Programs designed 2 improve physical fitness take into account frequency (how often), intensity (how hard), and time (how long) #indyfitchat
- 11:53 pm eternallizdom: Read that today- great interview! RT @FitFactorKids: @eternallizdom Heres a story from our blog <http://bit.ly/Zyxda> #indyfitchat
- 11:53 pm Valerie7667: @eternallizdom your welcome! :) #indyfitchat
- 11:54 pm FitFactorKids: @eternallizdom So cool...she's a total inspiration! #indyfitchat
- 11:54 pm fitcityindy: RT @FitFactorKids: Here's story from our blog-about mom who went from no activity 2 training for a marathon <http://bit.ly/Zyxda> #indyfitchat
- 11:54 pm OnTrackFitness: Remember that exercise is meant to increase health, so don't let it add to ur stress #indyfitchat
- 11:55 pm FitFactorKids: RT @OnTrackFitness Remember that exercise is meant to increase health, so don't let it add to your stress << GREAT POINT! #indyfitchat
- 11:55 pm fitcityindy: RT @OnTrackFitness: Remember that exercise is meant to increase health, so don't let it add to your stress #indyfitchat
- 11:55 pm OnTrackFitness: What benefits have u seen from becoming more active? #indyfitchat
- 11:56 pm OnTrackFitness: One thing I notice: I sleep better! #indyfitchat
- 11:56 pm eternallizdom: I could go on and on! It's been 2+ months since I changed my life. Lost 30 lb. More energy, stamina, interest. @OnTrackFitness #indyfitchat
- 11:57 pm FitFactorKids: RT @OnTrackFitness What benefits have u seen from becoming active << Helps me stay more focused @ work & home. Blow off steam! #indyfitchat
- 11:57 pm eternallizdom: I've also suddenly found myself inspiring others to start running and being more fit and make healthier eating choices. #indyfitchat

- 11:57 pm OnTrackFitness: Physical activity also helps psychologically. Reduces depression, anxiety, improves mood & promotes sense of well-being.#indyfitchat
- 11:57 pm Valerie7667: Thats I LONG list! Less stress! Less sickness! Energy!RT @OnTrackFitness: What benefits have u seen from becoming more active? #indyfitchat
- 11:57 pm slowlybutsure10: I crave REAL food, not processed crap. RT @OnTrackFitness: What benefits have u seen from becoming more active? #indyfitchat
- 11:57 pm BethYoung82: I 2nd that & i had "mild insomnia" 4 many years. I'm in a better mood2 RT @OnTrackFitness: One thing I notice: I sleep better! #indyfitchat
- 11:57 pm OnTrackFitness: RT @FitFactorKids: What benefits have u seen from becoming active << Helps me stay more focused @ work & home. Blow off steam! #indyfitchat
- 11:58 pm eternallizdom: Ditto this!!! RT @slowlybutsure10: I crave REAL food, not processed crap. #indyfitchat
- 11:58 pm Valerie7667: @OnTrackFitness And the list goes on and on and on :) #indyfitchat
- 11:58 pm OnTrackFitness: Yes!! @slowlybutsure10 crave REAL food, not processed crap. What benefits have u seen from becoming more active? #indyfitchat
- 11:58 pm fitcityindy: RT @OnTrackFitness: Physical activity also helps psychologically. Reduces depression, anxiety, improves mood & well-being.#indyfitchat
- 11:59 pm OnTrackFitness: One thing to think of when ur hving trble, all the benefits u've already seen. #indyfitchat
- 11:59 pm FitFactorKids: @slowlybutsure10 We love REAL food. It's so satisfying to make a delicious meal for yourself. Even better if you grow it too! #indyfitchat
- 11:59 pm fitcityindy: Once again, our hour has gone super fast. Another #indyfitchat has come to an end. Any parting words @OnTrackFitness
- 11:59 pm OnTrackFitness: @BethYoung82 Wow, exercise cures insomnia! That's fabulous! #indyfitchat

May 12, 2010

- eternallizdom: I do not want the chat to end! :) #indyfitchat
- 12:01 am OnTrackFitness: Physical activity is important to being healthy, so even if u can't 'exercise' every day, just get moving! #indyfitchat
- 12:01 am FitFactorKids: Great conversation everybody. It was great meeting all of you. #indyfitchat
- 12:01 am fitcityindy: Thanks @OnTrackFitness for your great #indyfitchat ideas on how to mix it up, break through the stages of change & be more active.
- 12:01 am OnTrackFitness: Thank you all!! I loved the #indyfitchat and had a blast! Hope I was helpful!!
- 12:01 am Valerie7667: @eternallizdom I agree! So much fun :) #indyfitchat
- 12:01 am fitcityindy: If you have more questions or want to learn more about what a personal trainer is all about, follow or DM @OnTrackFitness! #indyfitchat
- 12:02 am BethYoung82: Thx - I was so happy too. I sleep so well now! RT @OnTrackFitness: @BethYoung82 Wow, exercise cures insomnia! That's fabulous! #indyfitchat
- 12:02 am OnTrackFitness: Too sweet! RT@Valerie7667 @eternallizdom: I do not want the chat to end! :) #indyfitchat
- 12:02 am FitFactorKids: Keep up the activity. You can #WalkTheWorld with us. We're trying to take 100 million steps in

am May <http://bit.ly/d2vW86> #indyfitchat

12:03 am CMV420: Very! Thank You! RT @OnTrackFitness: Thank you all!! I loved the #indyfitchat and had a blast! Hope I was helpful!

12:04 am fitcityindy: Yeah! @OnTrackFitness just agreed to come back for another #indyfitchat soon!

12:05 am CMV420: RT @fitcityindy If you have more ?s or want to learn more bout what a personal trainer is all bout follow @OnTrackFitness! #indyfitchat

12:05 am fitcityindy: In the meantime, mark the calendar for May 25, 7 p.m. (ET) when our #indyfitchat guest will be @Flourish_Girl, back by popular demand!

12:05 am BabyRoadRunners: @FitFactorKids #WalkTheTworld #indyfitchat we have low steps the past few days, about 600 per day. To many sick kiddos.

12:06 am eternallizdom: YES! RT @fitcityindy: mark the calendar for May 25, 7 p.m. #indyfitchat guest will be @Flourish_Girl #indyfitchat

12:06 am BethYoung82: Woohoo!! RT @fitcityindy: Yeah! @OnTrackFitness just agreed to come back for another #indyfitchat soon!

12:06 am OnTrackFitness: Yes please! RT @fitcityindy If u have more ?s or want to learn more bout personal training is bout follow @OnTrackFitness! #indyfitchat

12:06 am eternallizdom: YAAAY!!! RT @fitcityindy: Yeah! @OnTrackFitness just agreed to come back for another #indyfitchat soon! #indyfitchat

12:06 am OnTrackFitness: Be happy to answer all questions! #indyfitchat

12:07 am OnTrackFitness: RT @fitcityindy: In the meantime, mark the calendar for May 25 7pm ET our #indyfitchat guest will be @Flourish_Girl, back by popular demand!

12:07 am CMV420: Cool! =>RT @fitcityindy Mark the calendar for May 25 7 p.m. (ET) when our #indyfitchat guest will be @Flourish_Girl, back by popular demand!

12:08 am OnTrackFitness: :) !!RT @eternallizdom: YAAAY!!! RT @fitcityindy: Yeah! @OnTrackFitness just agreed to come back for another #indyfitchat soon! #indyfitchat

12:10 am OnTrackFitness: Thnx 4 ur gr8 participation in #indyfitchat @CMV420 @FitFactorKids @BethYoung82 @Valerie7667 @slowlybutsure10 @JenStringer10 @eternallizdom

1:32 am coachanthony79: RT @OnTrackFitness: Phys Activity can be anything, like shopping, walking the dog, playing w/kids outside, etc #indyfitchat

1:35 am GetUpMC: RT @FitFactorKids: Having variety in your exercise routine helps too. Tired of running? Try swimming, medicine ball, yoga, etc. #indyfitchat