

AnotherMaria.com

www.anothermaria.com

Must-Do Beauty, Fitness & Diet New Year's Resolutions

December 18, 2013 (Miami, FL) – The gifts have been unwrapped, Christmas trees have been placed at the curb and that LBD you just had to have for the New Year's party is now tossed and crumpled at the bottom of the closet floor. For millions of Americans, January 1st represents the start of a New Year making Sgoals to improve one's life. Unfortunately, by the end of the first week, more New Year's resolutions are broken than any other. Within 6 months, over half of us will have given up. Whether your goal for 2014 is to get fit or revamp your beauty routine, here are a few tips from top beauty, fitness and nutrition experts to help you keep your resolutions in the New Year.

How to Survive an Overcrowded Gym in the New Year

If you're a frequent gym goer than joining a gym will not be a New Year's resolution for you this year. However, for millions of Americans losing weight and getting in shape are some of the most popular New Year's resolution list toppers; as a result, gym memberships skyrocket in January. Unfortunately, for current members, that will mean waiting lines by the treadmills, overcrowded locker rooms and full to the brim spin classes. Here are some tips from **New York based certified personal trainer Mike Giliotti** to help the fitness aficionado navigate through the crowds and maintain their fitness plan for 2014! www.MikeGiliottiFitness.com

Avoid peak hours. Most people exercise before or after work, so try to avoid those times. "Get up extra early to be there right when the doors open, or figure out a way to squeeze in q workout during your lunch break," advises Mike.

Make a Resolution to Change Up Your Cardio. Lines for treadmills, ellipticals, and stationary bikes are the worst during this time of year – and forget about the 30 minute time limit. "If cardio is one of your must-dos at a gym, make a resolution to go machine-free until the crowds die down – usually around February," says Mike. "Try going for runs outside – maybe around your gym's neighborhood. Many parks have outdoor running tracks too."