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Like An Olympian



In general, a fever is something one tries to avoid. But not this one – it’s time to catch “Olympic Fever.” For the next few weeks most of the world will be glued to televisions and computers following the latest in the Winter Games.

We say it’s time to turn off the t.v. and log off the laptop and get the fever for the flavor of the Olympics. Follow these expert tips and you’ll be bringing home the gold in no time.

TRAIN LIKE AN OLYMPIAN

It may look like their athletic prowess comes easy to them, but Olympians train more than you can imagine. **Certified personal trainer and fitness specialist, Mike Giliotti**, advises that if you want to get fit, always start with a good warm up. He recommends “static stretching for about ten to fifteen minutes and an active warm up for about ten to fifteen minutes. The time you spend warming up is not a waste – it will only improve overall performance.” Giliotti recommends the following exercises to keep you in tip-top shape: “squats, lunges, step-ups, side lunges, side step-ups, box jumps, jumping rope, deadlifts, planks, one leg bridge, side planks and flutter kicks.” Train away...

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