

JUMP IN! ...to healthy active living!

by 'G' the fitness guy



What's up! It's springtime and that means it's time to jump off that couch and 'jump in' to a healthy new lifestyle! That's right, with videogames and DVDs on the rise, it's too easy to just sit on your butt and eat junk food all day. Not cool! So, what are you waiting for?

Feeling great is just a hop, skip and a jump away...

Everyone wants to look and feel good and everyone has to work at it. Take new recording artist **Fefe Dobson**. When touring with Justin Timberlake, her schedule is super demanding and so are her performances. That gives her an advantage because she's always naturally burning calories. But she still eats right and works out whenever she can. And **Morris Peterson** of the Toronto Raptors is no slouch either when it comes to keeping fit. But Mo knows that to be a successful athlete, he also has to stay on top of his fitness game.

We asked **Fefe** and **Mo** to answer a few questions about healthy, active living ...check it out!

G: What's your favourite form of exercise?

Fefe: Dancing!!

Mo: Playing basketball, running, and working out with my own body weight (i.e. push-ups and pull-ups).

G: What do you think is the most important part of a successful fitness program?

Fefe: Making it fun.

Mo: Eating right, discipline, and consistency.

G: What's the biggest change you've made in your lifestyle?

Fefe: Becoming a vegetarian and being more aware of fat and calories in food.

Mo: Adding more vegetables to my diet, reducing junk food intake, and drinking lots of water.

G: What's your advice for people starting a new fitness program?

Fefe: Be patient—you won't feel results right away!

Mo: Find an activity you like. Don't start anything too hard. And don't try to measure yourself against your friends.



Tell G!

Remember, being fit's not just about exercise; it's about eating healthier too! Email G your healthy snack recipes and if he likes yours, it could be published in the 'Jump In' section of the next issue. Send recipes to: Tell G, at whoamag@patonpublishing.com

G says, "Stay fit and never quit!"