

Making no excuses this semester

World-reowned fitness model gives tips on staying healthy during peak busy times

MITCHELL BERNARD
THE BRUNSWICKAN

All across campus, students are back into their routines as they prepare for the busy midterm season that awaits. As such, it is often easy to slip into a cycle of not exercising and poor diet. Many studies show the effects of proper diet and nutrition on concentration and

energy and as such, it is important that students remained focused and active to combat the busy season.

They say hard work pays off, and for Gregg Avedon of Fort Lauderdale, FL, it certainly has. As a personal trainer, Avedon knows what it takes to stay motivated towards being healthy when the busy season hits. Besides appearing on hundreds of magazine covers such as *Men's Health* and *GQ*, Avedon has recently wrote a book on health and nutrition, appeared in a number of films and television commercials, and in the past has modeled for the likes of Giorgio Armani and Dolce & Gabbana.

Avedon recently sat down to answer a few questions about maintaining a healthy balance during the busy season.

Brunswickan: People's daily lives are being bombarded with work and stress. As a result, we are often drawn to convenience foods or skipping exercise.

What are the first steps people can take to make a change in their lives?

Avedon: The first course of action begins with your mindset. You've got to be honest with yourself and ask what it is that you truly want. If your desire is to have a ripped physique, to look and feel your best, have more energy, think more clearly, and have more confidence, then you've got to take the steps necessary to achieve that. You're not going to do it by eating junk food, you won't find it at a fast food drive through, nor will you sitting on the couch playing video games. It just ain't gonna happen. I highly encourage all of my clients to set goals. A goal is your barometer for achievement. If you're about to eat a burger and fries, stop and ask yourself, "Is this going to take me closer to or farther away from my goal?"

B: Hitting the gym in the new year is often difficult as it seems everyone has the same objective, flooding the gyms

and exercise rooms. How do you avoid the long line-ups for equipment and beat the crowd?

A: That's easy – just go at off times. At the gym where I train, you can basically own the gym from 11:30 a.m. to 3 p.m. and anytime after 7 p.m. Most peak gym times are 9 a.m. until 11 a.m., and again from 6 p.m. until 7:30 p.m. Go anytime around those hours and you should be okay. My favorite day and time to train is Friday after 6 p.m. because most every gym across the country is deserted!

B: Above all else, the one thing people should attempt to do in 2009 is...

A: Make a sustainable change! In other words, don't attempt something that's beyond the scope of your ability or desire. If your goal is to add 10 pounds of muscle while losing 10 pounds of fat, get in the gym four to five days a week for an hour of

resistance training and do 20 minutes of interval cardio three to four days a week. You also need to clean up your diet, so I recommend taking the worst thing you eat and cut it in half that first week.

The following week cut it in half again. For example, if the worst thing you eat is pizza and you normally have four slices four days a week, cut it down to four slices two days a week, then cut it down to only two slices two days a week, and so on. Once you begin to see results, you'll get motivated to cut more of the bad stuff out of your diet and replace it with higher integrity foods. These include lean proteins like fish, chicken, turkey, lean cuts of beef, eggs, cottage cheese, and non fat yogurt. It also includes an array of fresh fruits and vegetables, along with whole grains. I tell people if you can trace a food back to its original source, it's good for you. In other words, processed foods are crap.



HUMBER
The Business School

I earned my undergraduate degree.
Now, I want a rewarding career*
**not just a job*

In less than one year, Humber postgraduate programs will help you launch your career in:

- Financial Planning
- Human Resources
- International Development
- International Marketing
- Marketing Management
- Public Administration

Building on your university degree, Humber's postgraduate programs offer a concentrated curriculum, career-focused courses and practical field placements. You'll gain the real-world experience and skills that employers value most.

Get the career you want – apply now.

business.humber.ca

2009 UNB Shield held



Sandy Chase / The Brunswickan

The 2009 UNB Shield took place over the weekend at the L.B. gym. The UNB / STU Fencing club finished with first and third placings in the Atlantic University team events over the weekend.

Redsticks in action



Sandy Chase / The Brunswickan

The UNB Redsticks hosted an indoor field hockey tournament at the L.B. gym last weekend. Eight teams participated in the tournament, including teams from UPEI, Acadia, St. FX, SMU, and UNB.