

## Fitting News

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### Which is Stronger: Habit or Willpower?



Most of us think we'd be healthier if we only had the mental strength to make the right choices. Research suggests, however that in the effort to change, habits may be more important than will power. "When we try to change our behavior, we strategize about our motivation and self-control. But what we should do instead is learn how to set up NEW habits. Habits persist even when we're tired and don't have the energy to exert self-control," according to Wendy Wood, PhD, provost Professor of psychology and business at University of Southern California.

If habits don't require much willpower and thought, how can you form healthy habits? Start by making simple habit changes to your day such as waiting to check your email and text messages until you have been awake for a half hour instead checking before you brush your teeth. Try it for a few weeks at least before tackling other more challenging habits that may be part of an unhealthy routine. Good luck!

### Training Ideas for a Busy Work Schedule - Part 2 of 3 Upper Body - Arms

As a personal trainer, I look at the body as a remarkable machine capable of extending its battery life with just a few tune-ups each day. If you don't have time to wait until you get home to exercise or don't want to get up little earlier, here are a few simple exercises you can do at the office or wherever you spend most of your day. Start the year differently!



Resistance bands are an excellent complement to your equipment arsenal. They are lightweight, portable and come in different colors which represent resistant strength. Be sure they are free of rips and tears before using.

**General Tip:** To increase resistance of the bands, shorten the length of the band by adjusting hand positions or anchor points. To make the workout easier, lengthen the band.

March in place for five minutes with various arm movements: roll the shoulders front and back, swing the arms at the sides, cross in front and in back of the body, draw circles in both directions.

Perform these exercises with the band. Do three sets of 15 to 20 reps to the point of fatigue, NOT PAIN.

- **ELEVATED PULL BACK** – Seated on the edge of your chair, hold end of band in each hand with arms lifted in front of body and palms down. Open the arms wide while pulling the elbows back and squeezing the shoulder blades together.

*Training Tip: Relax the shoulders and the neck – elbows remain below shoulder level; keep the core muscles engaged (pulled in slightly).*

[On the Lori Michiel Fitness website, click "Blog" on the menu to read the rest of this article.](#)



**Lori Michiel, NASM-CPT 818-620-1442 [lorim@lorimichiefitness.com](mailto:lorim@lorimichiefitness.com)**

Senior Fitness Specialist & Consultant

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