

10 Ways to Live Fit, Live Green



The New Year is upon us and the opportunity to make lasting changes is here once again. I challenge you to make this year, 2008, the one to count. Since we are interconnected to this little blue planet, mixing fitness with simple green living tips seems a perfect a match.

We need healthy water, healthy air and healthy food to achieve optimal results. Therefore, simple daily choices and every dollar you spend make a huge contribution not only to your health and wellness, but to that of the planet's as well. With that said, here are the top ten green fitness tips:

1. Walk or bike to work. Simple and effective!
2. Pay attention to air quality and exercise indoors or high in the mountains when valley air is dismal. Check our air quality at www.airquality.utah.gov.

3. Run or bike to your local yoga and Pilates studio or gym. This not only decreases your CO2 output and energy use (when using a treadmill or elliptical machine), it also maximizes your workout.
4. Purchase a machine washable polycarbonate or aluminum water bottle and REUSE with clean filtered water. Help reduce the wasteful use of disposable water bottles.
5. Eat more fresh organic produce. Good for you and the environment.
6. Opt for local farming for your produce and meat products and support farmers markets and local, independent stores when possible.
7. Shop organically and make your dollar count; you're supporting sustainable farming and planetary health.
8. Need more protein? Look for non-animal sources such as sprouted beans, tempeh and super-green powders.
9. Let go of those artificial sweeteners and try agave nectar, local honey and stevia extract.
10. RECYCLE those old sneakers and running shoes. Many stores and name brands now offer programs.

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Each of us holds the key to making lasting changes to ourselves and the world around us. With so much information available it all seems a bit overwhelming. This year, make it simple, both with the way that you treat your body and the earth. After all, each of us posses one body and we all share one earth.



New Year New You | Awards Luncheon
January 12 12-2pm | This is by invitation only event. Please call 859-6633 to get on our VIP list. Awards Luncheon is an event to celebrate the successes of all the hard work and dedication that our clients put into achieving their goals. This event is a time that nominees are honored and asked to invite family, friends and colleagues to support them in their transformation. We will also announce TRANSFORMS new products and packages. This will be the event you wont want to miss.



About the Author:

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Born in Salt Lake, Anthony showed interest in sports and music and an early age. From Violin playing and creating rhythm on the congo drums to studying Tibetan Buddhism, his background is very diverse. With an educational background from the University of Oregon, the Goethe Institute in Berlin, Germany, a degree from the University of Utah, Instructor training from Stott Pilates and advanced specializations from the National Academy of Sports Medicine and The Chek Institute, Anthony has excelled in the fitness industry and has a wide basis of expertise to offer. This expertise ranges from Corrective Exercise, Flexibility Techniques, Postural Analysis, Pilates, Functional Training and Performance Enhancement, Anthony has proven success with many.

Anthony grew up skiing and snowboarding and a passion for surfing moved him to the Pacific islands of Hawaii. It was there that Anthony started training Professional Windsurfers and his road back to SLC and Health and Performance consulting began. Anthony comes to TRANSFORM with over 8 years of professional experience. His passion lies with every client and his holistic approach to health and wellness embrace a full range of needs in today's stressful world. "My love of what I do is what gives me energy." Anthony gives to his clients with full attention, experience and a list of educational specializations. "It is a privilege to work with your body, loving your body is the goal, we are training for life." Always pursuing further education, Anthony's passion for health and fitness can be felt the moment a client is ready to change their body and lifestyle. Are you ready to take that step?