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Take the Girlfriend's Fitness Challenge

It's a new year and time to take action to start shedding a few pounds and inches. So call your best three girlfriends and invite them to join you and our community of Black Health Magazine readers in a 6-week quest to jumpstart your fitness program and see great health results.

How it works? The Girlfriend's Fitness Challenge is a simple 6-week fitness program focusing on resistance training, the most important activity in the weight loss process. Resistance training is so important because this type of training builds

muscle and burns fat up to 36 hours after each workout. The program provides you and your girlfriend's with the specific lifestyle, nutrition and fitness coaching tools necessary to meet your desired health goals.

As part of the program, each Girlfriend's team will perform a DVD weight training routine three days per week and light cardio activities in between. At the same time, each team will follow a basic diet consisting of fresh fruits, vegetables, whole grains and skinless fish or chicken. Also, the program requires each team to make water the beverage of choice and avoid red meat, coffee, sugar sweetened drinks, alcohol and sugary and fried foods.

Go to www.blackhealthmag.com/girlfriendsfitness to register your Girlfriend's team: Upon registration, you can download my resistance training DVD, meal planning tools, healthy recipes and

a team log to track your progress. You should use a measuring tape and bathroom scale to jot down your teams' starting inches and weights. All registered teams will be eligible for an array of prizes, plus a **grand prize Caribbean vacation** will be awarded to the Girlfriend's team achieving the most combined weight and inch losses.

Finally, make 2009 your best health year! Set a new goal and rally your team to take the Girlfriend's Fitness Challenge! ■



Fitness Fact: Every 1 lb of muscle burns 50 calories a day, whether you're at home, at work or at play. If you add 5 lbs of muscle, you burn an additional 1750 calories per week, resulting in a net loss of 25 lbs per year.