

Diet and Exercise Tips with Lisa Hindman

How Lisa Fits in Exercise:

Lisa stretches and trains her abs while she's watching television in the morning and at night.

How Lisa Stays Focused at the Gym:

Lisa loves the atmosphere in the gym because it's so motivating, but she hates to waste her time. She tends to wear headphones to keep her focus on her workouts.

Lisa's Thoughts on Exercising:

"I think that cardiovascular activities are a huge part of getting in shape. When I had gained weight, I had stopped doing cardio altogether. After getting back into doing cardio on most days of the week, I feel that it helped me tremendously and that it was a big factor in me getting into shape."

Lisa's Tips for Eating at a Restaurant:

"When I'm out at a restaurant, I'll always ask how food is prepared and what it's served with. I had to convince myself not to be afraid to ask the waiter about how the meal is served. Remember that you're paying for the meal and you have a right to know about what goes into it. So, I'd order foods without the butter or sauces, and just get the food served the way I wanted it."

Lisa's Tips on Dieting:

"To make diet food taste good, I would put garlic salt on almost anything. Cinnamon and Splenda® sweetener are also really good to sweeten things up."

"I feel better about myself, I love the way my clothes look and feel, and I'm way more confident about the way I look. I still have goals I want to reach, but I'm much happier now than I was then."

Lisa Hindman