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**FITNESS EXPERT, ANGELA PARKER WITH BODY INSPIRED FITNESS DELIVERS TIPS TO GET YOU BACK ON YOUR FITNESS TRACK IN 2011!**

*"Manage Expectations, Throw The Crap Out, Make a Freakin' Plan, Sweat and Cool It With The Booze!"*

**SANTA MONICA, CA – JANUARY 3, 2011** – It's a few days into the New Year already and you might be feeling like you aren't sticking to your New Year's Resolutions. Don't fret America! Fitness Expert, Angela Parker is here to deliver her top "musts" to get you back on track in 2011, starting right now!!!

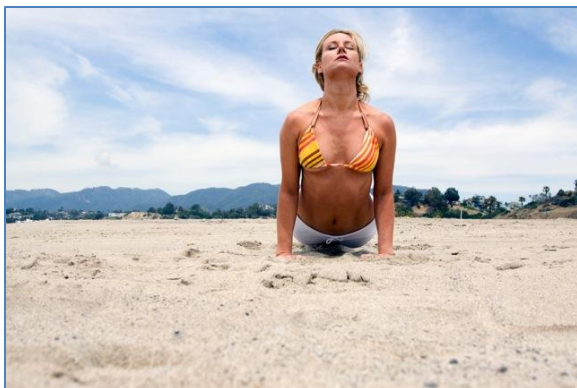
For almost ten years, Angela has been successfully reaching and delivering locals in Southern California with her inspiring messages and results oriented fitness programs. Angela is now here to jump-start your fitness routine, no matter where you are located, so listen to what she says:

**#1 – Angela Says: "Manage Expectations"**

No doubt about it you will have packed on an extra 2-6 pounds over the last few weeks. Just know that before you weigh yourself. Next, be realistic about how long it will take you to get it off. You can expect a weight loss of about 1-3 pounds a week depending on how much garbage you cut out of your diet and how quickly you get into your routine. If you're hard on yourself, it will only lead to over indulging and additional weight gain. ***Managing your expectations is the number one way to stay positive and focused on your goal.***

**#2 – Angela Says: "Throw The Crap Out!"**

Just do it. You don't actually need to hold onto that stocking candy or tin of caramel popcorn. However, instead of just throwing it into the trash, I suggest you leave it in a clear zip lock bag next to your outdoor recycle bins. Anyone less fortunate who gathers recyclables from your alley bins may enjoy this special treat and it is potentially less wasteful than simply tossing it out. ***If you really want to feel like an all-star, dump that candy and put a healthy treat in a clear plastic bag... watch what happens!***



**#3 – Angela Says: "Make a Freakin' Plan America!"**

How in the world you do expect to shed those extra holiday lbs if you don't have a plan? Impossible! Stop what you are doing right now and create a plan for the next few weeks. What will you eat? Not eat? When will you workout? What will you actually be doing during these workouts? How can you plan for more sleep? When will you hit the grocery store? ***Without a plan you will find yourself nearing summer and wondering why you still have your muffin tops from Christmas.***

#### #4 – Angela Says: “Get Sweaty Already!”

If you really want to get back into your skinny J Brand jeans you gotta sweat your #&% off, plain and simply! Say it with me C-A-R-D-I-O! Spend the next 7 days getting as sweaty as you can. Spin classes, boot camp, running, hiking with light weights, a dance class... anything that makes you pour sweat. Then, after those seven days, pull back in your strength work. **It’s a dirty little trick that will help you shed a few quick lbs and get rid of the bloat.**

#### #5 – Angela Says: “Cool it With The Booze!”

Is it fair to say you've started to become a little too comfy pouring a drink everyday at 5pm? I'm about to say something most of you will cringe at... no more liquor, booze, cocktails, beer, wine, ANYTHING until Feb 1. I know. I know. But seriously you've consumed enough liquor over the last 6 weeks to last you for a while. I promise with this one trick you will drop the weight faster, have better workouts, get super restful sleep, and get rid of those dark circles in a jiffy! **TRICK: Get your friends on board by having a contest with a prize. Whoever can go as far past Feb 1 without a drink wins! And will also lose... their double chin :)**

For years, Angela’s incredibly popular **Body Inspired Camps** have seen a 90% return rate for a reason. Angela makes working out fun and affordable. There’s no yelling, there’s no attitude. But, there is definitely a lot of motivation and a whole lot of inspiration so you can achieve the results you’re after. “My clients always hear me say, ‘nothing changes if you’re comfortable,’” says Parker.

Angela’s next round of **Body Inspired Camp**, kicks off **January 10<sup>th</sup>** and ends on **February 18<sup>th</sup>** with the next camp of the New Year, kicking off on **February 28<sup>th</sup>**. Three times a week in a one-hour class for six weeks, **Body Inspired Camp** allows students to experience the private training of Angela Parker herself, in an energetic group setting outside in beautiful Santa Monica, CA. Angela understands your fitness level, she knows your personal goals, she understands what each of your injuries entail and works with each student to make every work out fun, impactful and results driven. With a unique flavor of cardio and strength training, obstacle course, core and agility work, timed series, stations and stairs, all taking place outdoors, this ‘not to be missed camp’ is the only one that also features Pilates as a great addition during the classes. Select from newly offered times that work best with your schedule: 6-7am; 7:30-8:30am; 8:45-9:45 (Monday, Wednesday at the Santa Monica Bluffs) and (Fridays at Adderley for Pilates and stretching). You can now make working out into a “Girls Night Out” too: grab some girlfriends and enjoy the ‘Ladies Only’ camps with **Body Inspired Fitness** Trainer, Holly Clapham in the JUST added 6-7pm (Monday, Tuesday and Thursdays at Clover Park in Santa Monica).

And, if working out on the actual beaches of Santa Monica sounds like an inspiring way to kick-off your weekend, Parker also teaches a Saturday morning class for **ONLY \$10** from 8:30-10am. Students who sign-up for the **Body Inspired Camp** will also receive **FREE** access to these Saturday morning classes as an added bonus.

Be sure to take advantage of the incredible “2 for 1” workout special currently being offered to first time students, 6 weeks of inspirational and exciting classes will only cost \$187.00/person for morning sessions and \$137.00/person for “Ladies Only” evening sessions. Individual sign-ups run \$375.00/person.

For further information on class locations and to view all of the **Body Inspired Fitness** class schedules, please check out: [www.bodyinspiredfitness.com](http://www.bodyinspiredfitness.com). Find Angela on Facebook: **Body Inspired Fitness** & follow her tips on Twitter: **@BodyInspired**

Click on the video to meet Angela and see what her Body Inspired Camps are all about:

<http://www.youtube.com/user/BodyInspiredFitness#p/a/u/1/prFwcTgvl-k>

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