



Inspire the World to Fitness®

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New Year's Resolutions are Worthless Without the Right Tools

Knowledge is the most powerful weapon in the ongoing quest for weight loss and fitness.

IDEA's Get Fit! Section is the greatest free resource of all!

San Diego – December 21, 2009 – Every January, millions of people start the year with dazzling plans to lose weight and get in shape. But after a few weeks, the willpower fades and the couch and comfort foods replace exercise and sensible diet. Same story, different year!

The missing ingredient from most New Year's resolution plans is having realistic expectations that are knowledge-based. IDEA Health & Fitness Association, the leading membership organization of health, wellness and fitness professionals worldwide with more than 23,000 members in over 80 countries, has combed through its thousands of online articles and videos and opened the most relevant of these for everyday consumers. The [Get Fit!](#) section at www.ideafit.com/fitness covers a wide array of topics and answers the questions everyday exercisers and dieters have about how to start and stay on the right track with a fitness program.

Here is a sampling of the articles, videos and recipes site visitors will find:

- 10 Exercise Myths: <http://www.ideafit.com/fitness-library/10-exercise-myths>
- How to Choose a Quality Fitness Facility <http://www.ideafit.com/fitness-library/how-to-choose-a-health-club>
- How to Find the Personal Trainer Who's Right for You <http://www.ideafit.com/fitness-library/how-to-choose-a-personal-trainer>
- Smart Shopping in Natural Food Markets <http://www.ideafit.com/fitness-library/smart-shopping-in-natural-food-markets>
- Weight Training Q & A <http://www.ideafit.com/fitness-library/weight-training>
- Helping Kids Eat Healthy <http://www.ideafit.com/fitness-library/helping-kids-eat-healthy>

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Access to select fitness videos from the [IDEA Exercise Video Library](#)

1. <http://www.ideafit.com/exercise-library/split-squat-with-crossover-dumbbell-reach>
2. <http://www.ideafit.com/exercise-library/double-arm-swing-with-lateral-travel>
3. <http://www.ideafit.com/exercise-library/dumbbell-push-ups-with-rotation>
4. <http://www.ideafit.com/exercise-library/prone-platform-plank>
5. <http://www.ideafit.com/exercise-library/cross-over-step-ups>
6. <http://www.ideafit.com/exercise-library/prone-leg-flutter>

Access to a wide selection of healthy recipes

Maple Glazed Roasted Root Vegetable Medley

<http://www.ideafit.com/fitness-library/maple-glazed-roasted-root-vegetable-medley>

Roasted Carrot Soup

<http://www.ideafit.com/fitness-library/roasted-carrot-soup>

“This content has been created by the most qualified, knowledgeable professionals in the fitness industry today,” says IDEA executive director Kathie Davis. “There is no other free resource that gives consumers such a strong, reliable base of information to use for their fitness programs. We hope [Get Fit!](#) gives people the tools they need to be successful in their lifelong journey of health and wellness.”

About IDEA Health & Fitness Association

IDEA Health & Fitness Association is the world's leading membership organization of fitness and wellness professionals with more than 23,000 members in over 80 countries. Since 1982, IDEA has provided personal trainers, group exercise instructors, fitness program directors, mind-body teachers, health club owners and fitness center managers with pertinent information, health and fitness educational opportunities, career development programs and industry leadership while helping them enhance the quality of life worldwide through safe, effective lifestyle and fitness programs. IDEA members interact with consumers more than 25 million times a year in the fitness marketplace. For more information on IDEA fitness and wellness conferences, publications, professional fitness education and products, member services and other activities, visit [IDEA Health & Fitness Association](#).