Get Fit at Sheffield

- Get at least **150 minutes per week** of moderate-intensity aerobic activity or 75 minutes per week of vigorous aerobic activity, or a combination of both, spread throughout the week.
- Add moderate- to high-intensity muscle-strengthening activity (such as resistance or weights) on at least 2 days per week.
- Spend less time sitting. Even light-intensity activity can offset some of the risks of being sedentary.
- Gain even more benefits by being active at least 300 minutes (5 hours) per week.
- Increase amount and intensity gradually over time.
- Click here, to see our [Fitness Class Descriptions](#). Click here for our [March Class schedule](#).
Like many, I have been on a wellness journey since my teenage years that has often been focused on weight loss rather than overall health. I adopted a new way of living and eating in June 2019 that has forever changed my path and truly put me on a wellness journey for better health overall and pushed me beyond the traps of diet mindset. I began practicing clean intermittent fasting (IF) as described by Gin Stephens in her *Delay, Don’t Deny* book on a whim after doing some research prompted by a TED Talk on the topic of the health benefits of intermittent fasting.

Once I got past the first month of IF, this way of living has become so easy I don't have to think about it. Using the Zero app to track my fasting for the first 6 months was a helpful motivator in establishing my IF practice. Typically, I enjoy the freedom that my IF practice allows for eating what I like and not having to be hyper focused on calories or macros. I have noticed that over time with IF, I have gotten progressively more selective about my food choices and much more often choose whole, fresh foods rather than processed or "fast" food which was not always the case before. I typically fast 20 to 22 hours with a 2 to 4 hour eating window during the week and between 18 to 20 hours fasted and 4 to 6 for eating on the weekends as my schedule fluctuates. I throw in the occasional 24 to 42 hours fast if I feel like I’ve hit a plateau. In addition to practicing IF daily, I have continued with my 7,500 daily step goal that is tracked by my Fitbit as well as continuing to use my sit/stand desk so that I am able to alternate sitting and standing at my desk during the day.

During the past 9 months of cultivating my IF practice, I have achieved multiple scale and non-scale victories (NSVs) including weight loss (30 lbs. /4 dress sizes and counting), improved energy, no afternoon crash, no end of the day bloating, body recomposition (more muscle and less fat), improved sleep, and feeling great in my clothes and skin in a way that I haven’t felt in decades.

I want to be around for a long time to enjoy this precious life I have been given and to see my daughter grow up. Everyone in my nuclear family has had a heart attack or stroke by the time they are 55 and I want to do whatever I can to prevent having a heart attack or stroke at an early age. I am excited to see where this new way of life takes me on my wellness journey!

The Meaning of Life

While “the meaning of life” has different answers for different people, research finds that those who believe they have determined their own meaning of life have better physical and mental well-being. Individuals who described themselves as “searching” for the meaning of life had worse mental health outcomes and cognitive functioning. Whether our purpose for you is