

How to ACTUALLY achieve your 2009 Fitness Resolution

As the New Year approaches it's THAT time of the year again. By January 2nd we'll begin the annual tradition of fulfilling our New Years Resolutions. It's no secret why health club membership's skyrocket and sales of chocolate and booze plummet. Before we get our first Valentine most of us have fallen back into our old habits. Why? Because just as it's easy to quit smoking after the last drag when the nicotine is still circulating, come January 2nd we're stuffed from the holidays, hung over from the New Year, and broke from Christmas and we've had enough. But come February those cravings are back again. Not long after we break that first unrealistic goal, we end up right back where we started.

- 1) Time: Between work, family, school, and friends time gets tight!
- 2) Motivation: over 90% of people who exercise regularly do not exercise with the proper intensity to change their body. When you stop seeing results it's hard to stick with it.
- 3) Goal Planning: Often times we make goals that are too large, inflexible, or unrealistic. This can lead to negative thinking, and unavoidable failure.

Here are some tips to make this year different

- 1) Goal Setting:
 - a. Write your larger goals down: Example: "Get in a regular exercise routine."
 - b. Think about "why you want it?" Example: "To enjoy time with my family. To my health concerns at bay. To feel better about myself!"
 - c. Give yourself smaller realistic goals. Example: If you'd like to loose 20lbs by March, you can shoot for 8lbs a month, or 2 pounds a week.
- 2) Make A Plan: Make a schedule for yourself. Example: 3 days a week of cardiovascular training, and 2 days of weight training. Be sure to write a specific plan and then each month re-assess your plan to make sure it stays realistic.
- 3) Pick Your Team: For any fitness related goal, hiring a professional is a great idea. He/She can help you design realistic goals, create an air tight exercise and nutrition plan, and keep you motivated. Try to get a friend, co-worker or family member to join with you, which can keep you accountable.
- 4) Do not allow yourself to negotiate: If you're sitting at your desk thinking about how you're "really tired today," and will workout tomorrow after work, chances are one missed day will turn into another. It's easy to have a good workout when you're feeling good, but habits are formed when you get in the gym no matter what!
- 5) Get Back On the Horse Immediately, Nobody is perfect, so if you miss a day (or eat a whole pizza)-don't use that as an excuse to give up. Imperfection is natural and life happens.
- 6) START TODAY- There really is no time like the present

If you're ready to achieve your goals, come on down to Fitness Together-Arden for guaranteed results! Not sure if a Fitness Professional is for you? Check out what our clients are saying, and try us out for a Free Session and Goal Planning.

Yours In Health and Fitness
"Mad Dog Megan"
Megan White
Studio Manager