



It's NOT A RESOLUTION It's FOREVER

As the new year has begun and a slew of New Year's resolutions are flying all over the building, I felt that it was my duty to make sure that your fitness resolutions are not in vain. I feel called upon to address certain variables that may affect the success of your resolutions; not the resolutions themselves. Everyone has different goals they would like to accomplish but there are certain variables that are common to everyone that need to be overcome to reach them. Take these little tidbits and try to apply them to your own personal resolutions.

#1: Accountability

Whether you hire a personal trainer or work out with a friend, people who haven't had a lot of success with attaining fitness goals need some level of accountability. Whether it's working out or working on nutrition, having someone to hold you accountable is a very valuable tool to help you reach your goals.

#2: Set long and short-term goals

Whether it's losing weight, adding muscle, or starting a new exercise routine, without long and short-term goals our probability of success is limited. How many people do you know who had a fitness resolution and didn't set up goals of any kind but were able to stick with it and actually achieve their goals? The answer is few, if any. We must set up short term goals that allow us to make intermittent progress which keep us motivated to continue to progress towards our long term goals. The summation of multiple short term goals leads to our attainment of more long term goals which are vital for our overall sense of achievement. Setting up stages for goal attainment also allow us to make adjustments to our routine if certain goals aren't being met, or being met too easily.

#3: Have a plan

Even if we have established accountability and have set short and long term goals, if we don't have an action plan to get there, our chances for success are still stunted. Obtaining an assessment or advice from a trained professional on how to set up a plan that will help you achieve your goals is an absolute must if we are going to achieve our goals. You can't just walk into the gym and start exercising or wake up and start eating the way you are supposed to just like that. Having an idea of what, when, where, and why is valuable, which will ultimately keep you committed to your objectives.

#4: Measurements

Having a way to measure progress is a must. There are so many different ways to measure progress and it's important that we find a few measurements that are valuable to us that we use as our benchmark from which to measure progress as we move forward. So before we get started, an initial measurement of some kind is needed. This can be weight, body fat, strength levels, how we fit in a particular set of clothes, or any other measurement you want to use as your barometer to measure for certain goals.

I believe that the proper implementation of these four variables into any of your New Year's resolutions will give you the best opportunity to achieve your goals. Give them a try and avoid being a January only enthusiast!