

New Year's Fitness Resolutions - How to ACHEIVE Them? Part 2

When there are no more options left if you are like me, on any given day I have used every excuse not to get exercise. I have come up with more reasons not to feel better than I can count. I don't know if there are any more options left for me to use. What happens when you do run out of excuses? What then. I have yet to hear someone give me a legitimate reason why NOT to exercise and eat better. And I doubt if you can come up with one yourself. Hitting Rock Bottom In my experience most people throw the New Years Resolutions waiting game out the window when something of value is taken from them- or threatened to be taken from them. Why does it have to come to this in your life? Why does it take something bad happening to you or someone you love to make you realize how serious your health is? Are you going to have to hit rock bottom in order to not wait any longer in starting? How sad? You know it doesn't have to come to that though. You can start today by asking yourself, "What's next?" Think about it, there really are no more excuses for you not to follow through on your exercising and eating right. It really comes down to you not being lazy, having pride or being in denial. Do you want to wait until you are scared half to death before you make a decision to start? Waiting only increases the chances of something happening. How do you achieve a New Years Resolution? You do it by starting today!

About the Author

We are a private athletic training center located in the heart of Santa Monica, California. We are dedicated to building a community.

Source: <http://www.productsherbal.com>