

Making Your New Year's Fitness Resolution a Reality - Part 2

Beware of "burn out." This usually happens after you have achieved a short-term goal. You pat yourself on the back and decide to "kick it up a notch," but your body is at the limit. You have to listen to your body. Although you can make improvements "in leaps and bounds," it is not a machine. Use different approaches: Walk, use cardio machines, swim, and use weights. If you are bored, jump into a group fitness class such as Yoga, Pilates, cardio kickboxing, spinning, aerobics, body shaping, or something else. You may find one of them to be your "calling." Don't knock anything until you have tried it. Many people perceive an exercise to be one thing, until they are deeply involved in it. There's nothing wrong with being the only man in a Yoga class. Also, there's nothing wrong with being the only woman in a martial arts class. Fitness is an equal opportunity environment, so get the stereotypes out of your head and don't buy into classic excuses. I had a client with Cerebral Palsy on one side of her body. She had also been involved in a traffic accident, which caused permanent damage to her knee and ankle, on the other side of her body. She used to drive an hour from her home in Massachusetts to our location in North Providence, Rhode Island. She was around 60 pounds over her ideal weight. She never made excuses or missed an appointment. She lost all of that weight within two years, and she is now a personal trainer. Make sure the people you surround yourself with are supportive of your goals. For example: It's hard to lose weight if your husband insists on bringing home a supply of Big Macs every night. Your resolution may turn into a disaster if this is the case. You may have to adjust your lifestyle to be persistent, positive, and goal oriented. Once you carry through, and succeed with one resolution, it will be a fantastic experience. This is the beginning of using goal-setting skills to enhance the quality of your entire life. Lastly, remember this all started with writing down a plan that I mentioned in Part One. Your resolution should be as detailed as possible. Clearly define your resolution with realistic time frames and deadlines. Your odds of following through, making progress, and reaching your goals, will exponentially increase just by putting it in writing. Consider this a contract with yourself.

About the Author

Referenced information about losing fat, building muscle and the pursuit.

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