

New Year: It's Time For New Fitness & Weight Loss Resolutions

It does not matter if you have failed this year!after all we know that failures are the pillars of success. So try try again, till you succeed! The New Years Eve is coming closer, its time to redefine your goals and start setting new fitness resolutions for the next year. After all, you know how important weight loss is for you. You prepare for the set of weight loss resolutions for the next year, and I will tell you how to get started methodically, so that you ensure success this time. Here we go!Rule No 1:Take your personal diary and write down your heartfelt desires honestly. Where and how you want to see yourself after 1 year from now? Then identify your fitness goal that goes with your desire. Break down your long term goal in short term periodical goal based on SMART, meaning Specific, Measurable, Action-based, Realistic and Time-oriented.Rule No 2:You have learnt a lot from your past failures. Now find out the reasons which were responsible for your failures. After identifying the true obstacles, its time to look for measures to wipe away those obstacles from the path youâ€™re â€™Makingâ€™. No excuse this time! â€™You have toâ€™ means you have to find out the right ways to get over those weaknesses.Rule No 3:Chalk out a plan. Without a proper plan, no project can see success. Make sure you make a flexible plan so that you can have good options in case of emergency. Include fun to make the plan full of enjoyment and activity. Remember, you need to be very specific while planning!every step should go towards your fitness goal.Rule No 4If you have a habit of keeping a journal then its good, if not, incorporate the habit to your daily routine. Right down all your plans, hurdles, excuses, funny experiences, desires, frustrations. When you go for a revision of what you have written a few days back, you will realize many hidden reasons behind your emotional and physical conditions.Rule No 5With every step forward, feel good and reward yourself. Reward yourself in terms of doing something which you do not do normally but enjoy doing. Be it watching a movie, buying yourself an outfit, go and eat at your favorite restaurant, take a hot bubble bath with aroma candles lit in your bathroom. O!sounds amazing!Follow the rules of getting started and go by your New Year fitness resolution!you can swear on your success this time. Wish you a gorgeous New Year. Look good and feel good always!! :-)

About the Author

A list of online fact sheets on selected topics for which the Federal Trade Commission has had to address consumer complaints.

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