

# Resolution.....Make It A Lifestyle

Happy New Year folks! Wow, can you believe that it's 2009? If you haven't already, you may be getting ready to assess areas of your life that you want to improve upon. So what are the steps you will take to achieve your fitness goals?

This article will be discussing some new approaches to "setting" your goals and "committing" to you goals as time goes on. Fitness resolutions are some of the most common self-improvement goals that people work toward. I would like to share with you tips to stay motivated and committed to your fitness resolutions and provide you with an "at home" workout that you can do if you are too darn tired to go to the gym or the Wisconsin weather has buried you in the house with snow.

So if you've been neglecting your workouts, now is a good time to get things back on track again. ...even after the "resolution" buzz dies down at the gym. Make fitness part of your lifestyle.

## Some tips to help you get started:

- Set a goal. Most success stories stem from a person who has a VERY specific goal in mind. For example, you may want to run a 5k, or you want to get up the stairs without almost passing out, or you want to fit in that swim suit for your cruise in a months.
- Schedule your workouts in like they're a doctor's appointment. You wouldn't cancel with your doctor, why would you cancel your workout when it betters your health and body? Your fitness will gradually become habit. That takes a month or two, so set goals that will keep you motivated throughout this crucial beginning period.
- Write your goals down EVERYWHERE. These will be used as constant reminders and help you stay on track.
- Keep an activity log to make sure your health-and-wellness program stays on track. You can add comments on how the workout was for the day. It could be hell one day, but be blast the next. It will help to express your thoughts.
- Jot down improvements as you go or even take a picture. You may want to write down your weight loss or the new size clothing you're wearing. You can record how many pushups you can do, or how long you can hold a plank. It's great to see your progress right in front of you and will keep you motivated.
- Don't be discouraged if you miss an intended workout or have a bad week. Instead, work harder the following week. And keep in mind that staying fit is a lifelong process that takes place in small, daily steps.
- Make your workouts exciting....change is good. Cut out workouts you see in magazines and try them out.

## Your "At-Home" Workout: Duration 30 minutes

**(All you need is a stop watch or clock, a possible weight and water)**

Choppers with or without a weight- 20 each side

Plank hold for 30-60 seconds

Squats with a chair: At a fast pace squat down so you tap down lightly on a chair and repeat 20-50 reps

Pushups(on toes or on your knees) for 30 seconds

Mason twists(V-sit twists) 20-40 reps each side

Superman hold for 30 seconds(make sure to retract shoulder blades)

Cardio Box- Fast jabs for 30 seconds, rest for 15 seconds

Fast uppercuts for 30 seconds, rest for 15 seconds

Jump rope (with or without a jump rope) for 30-60seconds

Repeat full workout 3x with rest in between(to intensify workout less rest time between each set)

(If you have any questions on these exercises feel free to email me with questions.)