



## THE FITNESS SUITE.

Situated at the top end of South Lane, Elland, the Fitness Suite is the brainchild of fitness consultant Chris Ball. This month Chris helps us plan for the New Year...

### Make Your New Year Resolutions a Reality

If only we could say the magic word 'Abracadabra' and all our fitness dreams came true. While this is not reality there are some easy steps that will see those Christmas pounds drop and your life take a turn for the better.

1. Think S.M.A.R.T whilst setting your goals: Is it specific, measurable, achievable and realistic. Then decide on the time frame. Whilst it's not realistic for most of us to look like a model pin up it is realistic to promise yourself to include a little exercise every day.

2. Avoid choosing a resolution that you've been unsuccessful in achieving time and time again. This

will only lead to negative emotions and reinforce the feeling of failure. Try to look beyond the things you can't control. Instead of saying I want to lose three stones say I want to focus on eating correctly. Let the weight loss fit in with the things you can control.

3. Write down a plan of how your goals will be reached. Think about it, all great businesses start with a plan, a detailed description of its mission and how it can be achieved. Write your own plan and check back regularly to see if you are on track.

4. Break it down and it will be less intimidating. Rather than one end goal set three or four closer goals. For example, if your goal is to lose three stones in the year, your smaller goals could be losing 7lbs in less than a month.

5. Have a plan B: Don't assume achieving your goal is plain sailing. Plan for hurdles along the way so you are not caught out and you know what to do when you get there. What will stop

you from exercising? What will be a likely trigger to eating something unhealthy? This may mean seeking help from a family member or a professional, writing in a diary etc.

6. We are creatures of ritual. Give it time to stick. Most experts would agree it takes at least 3-4 weeks to create a habit and at least 3 months for it to become part of your everyday routine.

7. Reward yourself every time you reach one of your bite size goals, don't wait for the END goal. Find other positive areas of health and fitness like a massage or a facial as a reward.

#### Don't Go It Alone!

The more you do to feel good and look good the greater the motivation to carry on.

8. Don't go it alone! Don't be afraid to seek professional assistance. Everyone needs help and sometimes a friend isn't enough. Sometimes you need the help of a trained professional. Don't feel that seeking help is a way of copping out. When it comes to fitness, research has shown that professionals greatly improve a person's chance at success.

On average about 20% of us keep our New Year's resolutions. Unfortunately, some of the biggest failures are found in fitness resolutions. But don't let the statistics get you down. By following the tips above you'll be better equipped to fall into the successful 20% category.

If you have any further questions about how you can set goals specific for you then don't hesitate to contact me or one of my team...

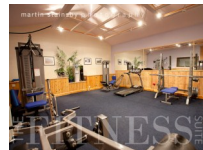
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