

# NEWSLETTER

## JANUARY 2010



Happy New Year!

Resolutions Resolutions!

There are so many motivational factors surrounding our resolutions, and the action taken will determine their success.

Fitness, weight loss, cutting back on rich foods and excessive drinking are all part of the new years promises to oneself to become a healthier person.

Boot Camp is one of the BEST ways to get your body back into the best physical shape in the shortest possible time. Results from the previous bootcamps have proven an overall improvement of 500% (yes that is not a typo - 500%) in strength and fitness.

Resolutions fail more often than success because people often become discouraged when the results don't happen quickly. Patience is a fantastic resolution to practise. Focus on behavioural change rather than the goal, and it will happen faster than you realise. Focussing on the end result makes the resolution seem impossible and easy to break. Being human, it is easy to break the resolution - but don't use that as an excuse to abandon the goal, just start again the next day and keep up the good work you have already achieved. The motivation behind the resolution is as important as the goal.

All the best for 2010!

We look forward to bringing you challenging, innovative and rewarding programs.

Damian & Cathy Halforty

**Boot Camp**  
**6 Weeks starting**  
**3 Feb 2010**  
**Members \$295**  
**Non Members \$ 345**

### The secret to successful fitness resolutions

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While you can't wave a magic wand and make your resolution come true, there are some easy steps to take that will make it easier to fulfill your promise to yourself.

Choose an attainable goal. Resolving to look like a model is not realistic for most of us, but promising to include daily physical activity in our lives is very possible.

Avoid choosing a resolution that you've been unsuccessful at achieving year after year. This will only set you up for failure, frustration and disappointment. If you are still tempted to make a promise that you've made before, then try altering it. For example, instead of stating that you are going to lose 30 pounds, try promising to eat healthier and increase your weekly exercise.

Create a game plan. At the beginning of January, write a comprehensive plan. All successful businesses start with a business plan that describes their mission and specifics on how they will achieve it. Write your own personal plan and you'll be more likely to succeed as well.

Break it down and make it less intimidating. Rather than one big end goal, dissect it into smaller pieces. Set several smaller goals to achieve throughout the year that will help you to reach the ultimate goal. Then, even if you aren't able to reach your final goal, you will have many smaller, but still significant, achievements along the way. For example, if your goal is to complete a 10K race, your smaller goals could be running a 5K in less than 30 minutes, adding upper and lower body strength training to increase your muscular endurance. Make contingency plans: don't assume sticking to your plan will be smooth sailing. Plan on hitting bumps along the resolution road and be prepared with specific ways to overcome them. What will keep you from skipping your workout or stop you from having a cigarette? This may mean seeking help from family or a professional, writing in a journal, etc.

Give it time: most experts agree that it takes about 21 days to create a habit and six months for it to actually become a part of your daily life.

Reward yourself with each milestone. If you've stuck with your resolution for 2 months, treat yourself to something special. But, be careful of your reward type. If you've lost 5 pounds, don't give yourself a piece of cake as a reward. Instead, treat yourself to something non-food related, like a professional massage.

Ask friends and family members to help you so you have someone to be accountable to. Just be sure to set limits so that this doesn't backfire and become more irritating than helpful. For example, if you resolve to be more positive ask them to gently remind you when you start talking negatively.

Don't go it alone! Get professional assistance. Everyone needs help and sometimes a friend just isn't enough. Sometimes you need the help of a trained professional. Don't feel that seeking help is a way of copping out. Especially when it comes to fitness, research studies have shown that assistance from a fitness professional greatly improves people's success rate.

Limit your number of promises. You'll spread yourself too thin trying to make multiple changes in your life. This will just lead to failure of all of the resolutions.

Test your flexibility: realize that things change frequently. Your goals and needs may be very different in April then they were when you made your resolution in January. Embrace change, even if that means that your resolution is altered.

Keep a journal: A journal helps you recognize your positive steps and makes it harder to go back to the same old habits.

On average only 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.

~Men's Health~

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