

# Sticking to an Exercise Program

By Wendy Tarlow, Owner of Fitness Together – Fort Lauderdale

**P**rogram adherence is probably the most difficult, challenging issue people face when starting a fitness regimen. Most people start a program all revved up and ready to go with noble ambitions of reaching their fitness goals.

“This time I am going to stick to this program! Three times a week. Five times a week, etc...”

Sound familiar? This is the typical pattern that we see repeatedly when people decide that they are not happy with what they see in the mirror. Clients come in with a strong commitment level, start their three-times-a-week program very gung ho and then fizzle out after one to two months when their mental demons creep up.

The set up! “I am not seeing any change in how my clothes fit.” “I have only lost five pounds!” The mind can be a great enemy or a great fan. When a client comes in with huge aspirations built up in his mind, I commend them, and we get the ball rolling. The challenge is trying to create realistic gains and losses in the first few weeks so the internal conflicts are deflated.

We try to create diet guidelines that fit with each person’s lifestyle so food does not become a huge battle. We offer many different scheduling options to try to break scheduling conflicts. It is important to see exercise as a benefit and not a blockade.

Gradually, we will move you out of your comfort zone, teaching you to congratulate yourself for taking that first step of walking through our door or any fitness facility’s door. When signing up for a fitness program, make sure that you are working with knowledgeable personal trainers who will keep you motivated and excited about your new endeavor.

The little steps are the most important. Adding 10 more minutes to your cardio routine each week. Incorporating healthy snacks into your diet. Eating more salads and vegetables. Staying off the scale. Acknowledging how great it felt to complete your last exercise session.

We have found that the one-on-one attention provided for each client working out in his or her own private suite has helped a lot of clients get past those first two months of struggling. We help our clients battle the mental demons that arise.

With a customized exercise plan, fitness testing and retesting every six weeks, goal-setting and constant motivation are the keys to success when starting a fitness program.

Set up your first session now by calling  
954-491-7988!

