

A 'NEW YOU' RESOLUTION

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Have you been thinking about getting back into a fitness routine? NOW is the time to re-commit yourself to your health! We all at least think about resolving to do something better in our lives when the New Year approaches. Maybe you want to quit smoking, stop eating all those M&M's or spend more time with your family. A great start to doing all those things is to make time to exercise.

There are specific stages that we go through when we are preparing to make changes in our lives.

- 1-Contemplation: You realize there are changes that should be made, but you are ambivalent about making a commitment. You make excuses, such as time, money, etc., but you also consider the rewards.
- 2-Preparation: You are preparing to make your specific change.
- 3-Action: You are finally taking the action needed to help you achieve your goals!
- 4-Maintenance: Once you begin to make changes, you will need to keep up the great effort.

When we resolve to make change, there are a few steps that we take to help us commit to our resolutions. Write down your resolutions and state how you will go about beginning to make those changes. Set a date for each small step to be accomplished. Remember: if your resolution is to exercise more, or to start, then there will be no end date. There will, however, be dates for certain stages of these accomplishments. For example:

Your goal: Begin to exercise and lose 50 pounds this year.

- 1-Call Fitness Together to find a great trainer – Complete by Jan 5, 2007
- 2- Meet with your FT trainer – Complete by January 10, 2007
- 3-Begin exercising with your trainer four days per week- Complete by January 12, 2007
- 4-Train 16 times in one month – Complete by February 12, 2007
- 5-Lose 4 pounds in one month – Complete by February 12, 2007

You get the idea. Each time you achieve one of those small goals, you have come a step closer to the result. The busy season is upon us, New Year's Resolutions will be made, and our personal training studio is filling up. Don't wait for all the prime time spots to be taken. We look forward to hearing from you!

For more information, contact Fitness Together at (954) 491-7988, or stop at the facility at 1759 East Commercial Blvd., Fort Lauderdale, FL 33334.

