



Remember Your New Year's Resolution(s)?

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Remember those New Year's Resolutions you made four months ago? Are you sticking to them or have they gone by the wayside? If it's the later, here are some tips that may help you reach and stick to your goals.

1. Find Your Why

You're going to have to dig deep here. This needs to be more than just wanting to lose weight or fit into those old jeans. WHY do you want to lose weight or fit into those jeans? Do you attribute looking more fit to being able to stay more active for your family or kids? Which, in turn, means more quality time to play outside when your kids ask? Are you tired of having to ask people for help to lift things? Maybe you want to get strong and lean, so you can stay independent and self-sufficient. Your why could be absolutely anything. But if you don't know why fitness and nutrition should be a part of your life, what's going to make them stick?

2. Making A List and Checking It Off

Ask yourself these questions: What are my roadblocks and challenges? What excuses do I find myself using the most often? Be honest: no excuse is too big or too trivial. Next, write all of these down on a piece of paper. Once you have them all written out, I want you to write a corresponding solution next to each excuse. Don't

have enough time? You may need to prioritize differently in order to make a little extra time. Being able to physically see your areas of opportunity will not only create more awareness but it will create accountability. And oh man, let's stop the negative self-talk! Everyone makes mistakes and gets tripped up but how you handle difficult situations is what matters. Just because you had planned to go to the gym one day and "life decided" to get in the way, does not give you the right to hate yourself. Instead, give yourself some encouragement, pick yourself back up and get back on schedule.

3. Are You Enjoying Yourself?

Exercising and healthy eating are not meant to be some awful forms of torture. That's what sitting in traffic is for! But seriously, why would you do something every day if you hated it? The answer is you wouldn't. There are so many different ways to get you to your goals.

Just because your friend Sally loves to run doesn't mean that's what you should do. It can be a process, but it is totally possible for you to find something you enjoy at least to some degree. Make it fun! Get your friends, family or co-workers involved. You could even make a little competition out of it. Who kept their promise and went to that group exercise class? Or who walked the most steps that week? Shocking announcement: everybody's different. Remember when you were a kid and you just enjoyed running around and playing? Let's bring back those days.

Enjoy yourself and try not to let working out and healthy eating stress you out. Find fun exercises and delicious go-to recipes. I know each of you is capable of living a healthy and happy lifestyle, so let's get after it. You got this!!

