

...now what?

The New Year's Resolution has come and gone, time to get back on track with good habits!

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It's December, Christmas time, you see that happy little dessert sitting there, staring at you, begging to be ate and you think to yourself, "Well might as well, because my resolution is losing weight. Let me enjoy this while I can!" Then New Years comes and goes, next thing you know, you are in February! What happened? Where did you go wrong? It happens to the majority of us. Life gets in the way. We make the choice to continue doing what we are doing because we are creatures of habit. Well, I'm here to tell you that good habits happen just as easy as bad ones. Speaking from experience, I understand how hard the initial changes can be in order to have long term success. It's up to you to make the conscious effort, but here are some tips to make your transition a little smoother:

Crawl, Walk, then Run – The weight you have put on didn't magically appear one day, (although we try to convince ourselves of that). Start small. Maybe 2-3 days a week just get out and walk for 30 minutes. By starting simply, you can build on success and start increasing your devotion to fitness

Choose things you "like" to do – Deciding on January 1st that you are going to start CrossFit even though you haven't worked out in 6 years probably isn't the greatest choice. Pick things that you can do, or semi-

comfortable with, and that you won't get immediately frustrated by lack of success. Just because you aren't doing the WOD on January 2nd, doesn't mean you won't be doing it in a month or so, but you have to start off with things you like and enjoy so that you can start getting your baseline level of fitness back. Then hit the burpees!

Set Realistic Goals – As a trainer I would always ask what are your goals? The response of, "I want to lose 50 lbs. in 2 months" just isn't realistic. Normal, healthy weight loss is around 1-2 lbs. per week, so set your goals based on those expectations. After a few weeks of attaining these goals, push yourself to try and lose another pound every other week. Increase your exercise, decrease caloric intake or a combination of both can all help you in attaining your goals.

Own it everyday – Everyday will give you a new reason to not continue on your new path. Stress from work, stress from your relationship, etc all play a physiological game on you. Tell yourself today is not the day you give in to temptation. Today is the day you break through a new barrier.

Constantly re-evaluate your progress – Check in once a week and do an internal review and assessment on how you think you are doing. Keep a journal with thoughts, feelings, emotions and actions taken so you can see if you have any trigger points which make you more susceptible to going back to the old you. If so, learn to avoid them or change the way you interpret how you feel because of them.

I understand it is easier said than done, believe me. But if you give yourself the chance, and give an honest effort to trying to change, I think you'll quickly learn how easy it is to effect positive change and start your new wellness journey! Good luck on yours and remember, wellness is a lifelong journey, not a destination!

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