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8 Steps to Get Your Fitness Resolution Back on Track

By Stephen Holt

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How to Get Your Fitness Resolution Back on Track with 8 Steps to Keep You Motivated

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How is your New Year's fitness resolution going? Have you run out of steam?

Maybe the problem was not doing the right exercise at the start of your program.

No, not physical exercise. Mental exercise.

The key to "motivation" is realizing what your "motives" truly are.

Answering these thought-provoking questions **in writing** will help you clarify your vision and enhance your commitment by helping you to focus on your true motives.

You'll also have a permanent record of your values and priorities that you can periodically use as a reminder that will rekindle your motivation.

Step 1. Simple. Start with writing what you want in general. For example: "I want to lose weight." Write as many goals as you want.

Step 2. Now it's time for details. For each of your three most important general goals, write down **exactly** what you want.

You know the SMART acronym by now: Specific, Measurable, Attainable, Realistic and Timed.

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Keep in mind that a safe rate of *fat* loss is 1–2 pounds a week. With my clients, we pick a date first, then work backwards using a pace of one pound per week.

It also helps to write each goal in the present tense so that it becomes an effective affirmation.

An example would be: "As of [date seven weeks from now] I weigh [seven pounds less than today]."

However, since your rate of weight loss is non-linear and not entirely in your control, "activity goals" – such as working out three times a week – are less frustrating.

Step 3. Write down WHY you want it.

This is what motivation truly is. You don't really want to lose seven pounds just to be seven pounds

lighter.

You want to lose weight because you believe that being lighter will make some positive change in your life.

What is it that you *really* want? It's never the weight itself.

Maybe you feel that losing weight will make you more attractive, more popular, more lovable, live longer, have less pain, or make someone envious.

Your motivation could simply be pride in showing the self-discipline to accomplish your goal.

No one else has to know your true motives but you, so be brutally honest with yourself.

Sit down and write out exactly what you hope to gain.

Step 4. Write down exactly what differences you will see, hear, feel, taste and smell.

Once you've determined your true motives, you can go on to write exactly how your new fitness program will change your life. Use all five senses and imagine how your life would be different.

Step 5. Write down who's help you need in reaching your goal

Everyone needs help from someone else. You must enlist the help of your spouse, family, friends and co-workers.

Chances are, someone close to you will try to sabotage your progress – either consciously or subconsciously. Tell them up front that you need their help.

There will always be someone who, for whatever reason, does not want you to lose weight. Either

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persuade them to your side, or forget about them.

Step 6. Write down what specific steps you have to take.

Too many people go out on their own or listen to the wrong sources. Find a credible source that you trust and follow the advice of proven experts.

Step 7. Write down what you can do today and tomorrow to get started.

When asked how to get to Athens, Socrates advised, "Just make sure that every step you take is in that direction."

Once you set your goal, make sure that everything you do – no matter how seemingly insignificant – keeps you headed toward your goal and never away.

Find *something* that you can do TODAY to keep you on the right road. Make a plan for what you can do tomorrow to stay in that right direction.

Step 8. Follow your plan.

Whenever you don't feel like following your plan, re-read your answers to Steps 1–7. If necessary, re-write your answers.

Loss of motivation is simply forgetting what your original motives were.

Taking these eight steps will assure that you stay truly motivated and make steady progress toward your fitness goals.

Stephen Holt was named the Internet's Expert of the Year by AllExperts.com. He is a current nominee for 2002 Personal Trainer of the Year with three different international fitness organizations. Act now and get his Fit for Function newsletter FREE at <http://StephenHoltFitness.com/subscribe.htm> .

S.M.A.R.T Goals @ Body Perfect Fitness and Health

By Robert Adams

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S– Specific– Please make sure you know exactly what you are trying to accomplish. Lose 20 pounds, Get body fat % to 16%, etc.

M– Measurable– How are you going to track it. A scale, a tape measure, or a special instrument. Also keep in mind how often as well. Daily, weekly, etc.

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A– Acceptable– Does it make sense?

R– Realistic– Can you reach this goal in the time you set in the amount you want.
Like losing 20 pounds in a week. Don't set yourself up for failure.

T– Timed– Put it on your calendar. How long is it going to take you.
Make sure you do not put to short of a time line on this one either.

So remember keep it S.M.A.R.T and keep it in print, and keep it close and in constant sight and your odds are bound to improve.

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helping improve everyone's overall

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Robert Adams holds an Associates Degree in Culinary Arts from the Culinary Institute of America, is a Certified Coach in Coaching for Personal Development as well Interaction Management, is a member of NESTA– National Endurance Sports Trainers Association, and lives a healthy lifestyle through his Body Perfect Fitness philosophy of healthy eating and fitness focus.

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A Guide To Keeping New Year's Resolutions

Seven Tips to Keep up Your New Year Resolutions

Don't Resolve to Lose Weight in 2004

Setting Body Perfect Fitness Goals for the New Year

101 tips to stay fit and live longer.

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