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How to Avoid Becoming a Fitness Failure

By Rick DeToma

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How to Avoid Becoming a Fitness Failure

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When it comes to fitness, no one likes being a failure, yet more than half of new exercisers quit their program within the first six months. With a little help you can ensure you're not one of them. Give these ideas a try as you begin your exercise program for the new year.

Set goals

If you don't know where you are going, how will you know when you get there? Setting short-term and long-term goals may increase your chance of success. Your goals must give a clear picture of the end-point to work towards. Use the SMART model, your goal should be Specific, Measureable, Attainable, Realistic, and Time-bound. Without these you'll never know if you have achieved the goal. You can't just say "lose weight or gain energy." Instead say, "I will lose 10 pounds in 12 weeks by doing strength training 3 times a week and cardio 3 times a week."

Go for variety

Whether you do a home workout or belong to a gym, build your routine on cross-training to keep things fresh and interesting, and keep yourself from developing an injury. Frequently vary the order of your exercises and mix in dumbbells, barbells, resistance tubing, machine or body weight exercises. Don't be afraid to take a class.

Track your progress

Write down your measurements and weight at the beginning of your program. Keep a workout log and use it. Seeing results is a great motivator. At least once a month, re-measure and review your log to see advances in your aerobic fitness, strength, flexibility and body composition.

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Seek out support

A workout partner with similar goals and a positive attitude can make your workout more fun. Knowing you are accountable to another person can be a great motivator too. So can working with a certified personal trainer.

Devise a backup plan

Time and access are the largest obstacles to fitness, and even devoted exercisers experience lapses. Don't use these as excuses to avoid exercise. Having some portable home workout gear like a stability ball, resistance tubing, jump rope, and dumbbells, will allow you to work out while traveling, at home or even at work. With limited time, focus on compound movements for the largest muscle groups and superset 2 for opposing muscle groups. A brief but intense workout can be accomplished in a few

minutes.

Just do it

While pumping iron may not be right for everyone, the idea being active is. Find something you enjoy doing that elevates your heart rate and challenges you most days of the week. Also pay attention to how you feel. If you are like most people in as little as three weeks you will find yourself sleeping better and feeling more rested.

The information contained in this article is strictly for informational purposes and is not intended to provide medical advice. If you are sedentary or over 40 please get clearance from a doctor before starting an exercise program.

Rick DeToma is a fitness coach, and trainer who specializes in home workouts. Contact Rick for a no obligation telephone fitness assessment at:

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

By Robert Adams

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

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.

A– Acceptable– Does it make sense?

R– Realistic– Can you reach this goal in the time you set in the amount you want.

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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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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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