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Your Fitness Success: Just a Phone Call Away

By Gillian Hood-Gabrielson

Your Fitness Success: Just a Phone Call Away

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Did you jump out of bed this morning, ready to exercise? Or was it another morning where the snooze button won over your best intentions? Do you have a crazy morning business schedule, but promise yourself you will work out at the end of the day? How many times have you actually followed through with that promise?

Most people know they should exercise, and many know how to do it, but simply cant get motivated. Many busy people have found their answer in a growing trend in fitness known as phone coaching.

You probably have heard of coaches for different facets of life personal, business, financial, etc. Fitness coaching by phone appeals to the busy person who is trying to balance work, family and personal care, and often finds their care at the bottom of the list. With our crazy schedules, it is hard to find the time to exercise, let alone make two to three appointments a week with a personal trainer at the health club. Fitness coaching by phone saves you time, frustration and money. With a phone coach you have a 20 to 30 minute weekly phone session to determine your goals and exercise schedule for the week. You exercise on your own, whenever and wherever it is convenient.

Tara, a phone coaching client in California liked the convenience and the motivation her coaching program provided: A friend of mine at work suggested phone coaching. I said, why not? I didn't have to go anywhere. I could call my coach from work and exercise by just walking out the front door of my office. Pretty soon, I found on my walks that my feet were wanting to fly over the pavement, so I started walking and running, then built up to where I would run the 30 minutes. It became addictive – I was actually looking forward to it!

Fitness coaching by phone is most valuable as a means of keeping people accountable. Too many people, for example, join a health club with expectations of attending regularly and getting fit. Its not too difficult to keep this commitment at first, but inevitably it becomes easier to find excuses to not go, especially when no one is checking up on you. Accountability is essential!

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Researchers at Stanford University have been studying phone-based exercise counseling for over 20 years. They have found astounding results – after six months of phone coaching, up to 90% of the subjects were still exercising on their own. Those people who had a coach to guide them and to hold them accountable were more successful and exercised independently, working with their coach by phone.

One of the most important goals of phone coaching is to teach the participant how to become his or her own independent coach and motivator. By learning how to exercise on your own, you will be able to create a lifelong habit.

Fitness coaching by phone is a concept whose time has come. You can find fitness coaches all over the United States. They have helped thousands of clients find the motivation to get the results they have always wanted!

If you are ready to take charge of your health and fitness and finally reach your goals, phone coaching may be exactly what you are looking for. Your success may be just a phone call away!

Gillian Hood-Gabrielson, MS, ACSM is the president of Flexible Fitness, a nationwide coaching practice offering health and fitness solutions for your busy lifestyle including Fitness Coaching by Phone, Intuitive Eating, and monthly motivational seminars. She can be reached at 866-618-8814 or by email at

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Setting Body Perfect Fitness Goals for the New Year

By Robert Adams

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Goal Setting 101

All of our lives, we have many things we want to accomplish, but somehow, somehow, things just don't get done. That includes sticking with a lifestyle change that helps improve your overall fitness and health.

Each year the average American gains more and more weight, and yet there are more and more diet plans, weight loss schemes, exercise programs, and short cut methods that are supposed to support a Body Perfect solution.

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Well I have a secret!!!

Life and success in your fitness and health goals, begins and ends with a between the ears process.

Yes, your MIND!!!

How you feel, what you think, what is going on between your ears, effects the net result of any lifestyle change, fitness program, or reaching any long term fitness or health goals.

So let's talk about Goal Setting and how important of an impact and focusing on establishing S.M.A.R.T Goals has on your future success in fitness and health.

So this is what defines S.M.A.R.T Goals.

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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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