

A MUST READ –

if you want to WIN at achieving some Fitness GOALS this New Year!

With every New Year, brings resolutions. But as we all know, these resolutions never stick unless we makes them habits. When it comes to fitness, too often I see people get revved up in wanting to make changes by starting to exercise, yet drop off after 2 weeks. Here are a few ways that may help us stick and stay with our fitness resolutions this New Year.

The Feeling, Not the Fat: Too often people want to see changes right away in losing weight. They think once you walk in the gym, something magical will happen. Where the true benefits come from how you're going to FEEL after you exercise. Focus on how much more energy you have throughout the day after you've exercised. This alone is worth the trip to the gym! Not to mention how much better you will sleep, your improvement of mood, and the long term benefits that exercise has for your health.

Set Attainable Goals: We all know how goals can help motivate us, but too often we don't set them. Brainstorm some goals that you want to achieve that are attainable. Goals such as going to the gym 3 days a week at a specific time, run a 5K in the Spring, or increase your time on the treadmill by 5 minutes every week. Watch these small goals keep you on track towards success. Take the effort to write down a GOAL this New Year!

Reward Yourself: Once you obtained your goals, REWARD yourself! Take yourself out to a nice meal, buy that gadget you've been wanting, or buy yourself some new fitness gear that will keep you inspired. These little things keep you excited in what you're achieving and will help keep you moving forward.

The Buddy System: Find someone else that has similar goals to you. Probably, you can start with the simple goal to start exercising with each other. Once, you have this, you've established accountability with your "buddy". If you want to get serious, get accountable! Plus, exercise can be so much more fun when doing it with someone else.

Invest in Something: Since, the Nimkee Fitness Center is FREE (for all eligible members) you may want to invest in something. Buy yourself some new fitness cloths, gym bag, or a new pair of shoes. Once you've made the investment, you are more apt to not want to waste the money you spent on nothing!

Fight the Voice: Our biggest enemy is the voice inside our heads. Often it sounds like this “I’m too tired today”, “I’ll just go tomorrow”, “I’m too busy today”, or the many other excuses that we can convince ourselves in believing. Again, remember how much better you will feel after you’ve exercised. Once you make yourself go to the gym, these voices become smaller and smaller. You will always still hear them, but you will learn to ignore them because you begin to know the benefits of exercise WIN the FIGHT!

The Ultimate Goal: Once you can put of some of these recommendations into practice then you will make exercise a habit. This is our ultimate goal. Before you know it, exercise is something that is a part of what you do. When you don’t do it, you’ll find that you feel like junk and you’ll feel like your day is just not the same. In the long run you’ll begin to reap the benefits and it will change the trajectory for wellness in your life!

As a reminder, Nimkee Fitness Center is here to serve you and help you obtain everything above. We have personal trainers and other staff that want you to WIN! Please stop in to get started today! Take the perfect opportunity to sign up and challenge yourself in our annual Fitness Resolutions Incentive program starting January, 13th. We hope to see you soon!

Sincerely, Jaden Harman - Fitness Coordinator