

Highlights *Issue 9* *2007*



'Tis the Season For New Year's Resolutions

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I'm sure you have had enough advice on the subject, but I wouldn't be doing my job as a trainer if I didn't take the opportunity to help you set those yearly fitness goals!

Set a Goal

Sounds easy enough, but this is no ordinary goal. This goal needs to be measurable. For example, instead of setting a goal to lose weight you would set a goal to lose a specific number of pounds. This way you can see and celebrate actual progress. Next, set a time limit (e.g.: losing a specific number of pounds by June). This will keep you from procrastinating by adding a deadline. It will also give you an end point, a victory day, to look forward to. Now write it all down and take a good look at what you are asking of yourself. Is it realistic? Is it challenging? A good goal will be both! You want to press yourself to excel, but not set yourself up for failure.

Create a Plan

The easiest part is over, figuring out what you want to do. Now you have to figure out how to do it. A very effective way of going about this is to break up your goal into smaller steps, or smaller goals that will bring you closer to what you want to accomplish. Just like your main goal, these smaller steps should be measurable, have a time limit, and be realistic yet challenging. These steps might be weekly or daily, depending on the situation. Their purpose is to break the

larger goal into less intimidating and less overwhelming pieces. By setting up a plan you will be able to recognize and celebrate progress, and have the security of knowing that if you keep progressing through the steps you will ultimately reach your goal.

Let's look at an example. Perhaps you want to get into shape. You decide to measure fitness by your performance in a particular aerobics class. Your official goal might be to have the ability to make it through an entire aerobics class without resting, and to be able to do this by August. You might break the plan up into two weekly steps. The first would be to take one aerobics class every week, and the second is to spend 4 hours walking or on the elliptical every week.

Once you have a plan, write it down and keep it somewhere that you can look at it frequently and track progress.

Stay Motivated

I'd like to think that my monthly articles are motivation enough, but just in case you need a little extra push here are some ways to find daily motivation from others or create it yourself. Hopefully these ideas will keep you motivated until my next article comes out.

Find a partner to support you. They don't have to be working towards the same goal; they just have to support what you are doing by encouraging you when you are sticking to your plan and

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**INTERESTED IN
TAKING A CLASS THIS
YEAR?**

**WE HAVE A PUNCH
CARD SYSTEM!
ONLY \$65 FOR
8 PUNCHES
(\$80 FOR NON-CLIENTS)**

Punches may be used for any of our classes and must be used within 3 months of purchase.

This is a great way to benefit from the studio classes without having to make a big commitment. Talk to your trainer about buying a punch card and to get a current class schedule.

If you bring a friend or family member, their first punch card is at the lower client rate!! So spice up your year and try something new.

Join us for the first seminar in our health and fitness series

**"Wonders of Women's
Wellness"**

You are invited to a ladies night filled with tips to stay healthy and look great. Carol Thompson will introduce you to her chemical-free cosmetic line. In addition, Rebekah Lohre will present new info on fitness specific to women's needs.

Look forward to enjoying tasty refreshments, delicious treats, and fabulous door prizes.

**Thursday, Jan. 25
6:30pm at Horizon!**

*RSVP's appreciated
but not required*

With slush, ice, and salt in the streets, please help keep the studio clean by bringing clean shoes in for your workouts. **Thanks!**

WEIRD BUT TRUE...

U.S. approves weight-loss drug for obese dogs

WASHINGTON (Reuters) - U.S. health officials have approved the first prescription weight-loss drug aimed at treating Americans' increasingly plump pooches.


The drug, Slentrol, helps decrease appetite and fat absorption to help the roughly 5 percent of U.S. dogs that are obese lose weight, the FDA said. Another 20 percent to 30 percent are overweight, it added.

"This is a welcome addition to animal therapies because dog obesity appears to be increasing," said, head of FDA's Center for Veterinary Medicine.

The once-daily liquid can also cause various side effects, including vomiting, loose stools, diarrhea and lethargy.

Like their human counterparts, overweight dogs are also at risk for developing diabetes, heart trouble, joint problems and other complications, the FDA said.

But Slentrol is not for human use and will carry warnings to discourage people from using it, the FDA said.



**Check our
Website for
Trainer Logs
And Studio
Challenges!**

Tis the Season Cont...

you are not. Most people would be honored to help you achieve your goals. This person should be someone you trust and respect, and someone that will always keep your best interests in mind. You can also hold yourself accountable by keeping a journal of your goals, plan, and progress. This can be a private account that only you read or a public display on a family bulletin board or website.

Scheduling time can also be an important step to success. Give yourself permission to make you and your goals a priority and make time! Tell the family dinner will be served 30 minutes later so you can take a walk, or rearrange your work schedule so you can hit the gym during your lunch hour. Find a system that works, write it in your schedule and put yourself first!

Keeping your goals visible is another way to keep yourself inspired and motivated. I have wanted an ipod for five years. I finally got one as motivation to train for a marathon. Whenever I look at it, it reminds me to run and reminds me of my marathon goal. A new pair of workout shoes or a healthy cookbook can do the same thing. Another trick I use is to print out motivational quotes on labels and stick them in conspicuous places: my daily planner, bathroom mirror, or dashboard. This helps to keep my goals and plan in the forefront of my mind throughout the day.

Celebrate your Success!

When you achieve your goal you will undoubtedly celebrate. Don't forget to celebrate the little goals you achieve and even the smaller steps you take to get there. Every action you take towards your goal deserves to be acknowledged and celebrated. Don't look at how far you have to go, take a moment to look at

how far you have come and bask in the success of everyday. Get started on your resolutions today. Even if you set careful goals and create a solid plan setbacks will happen. We are not perfect and it is a mistake to expect perfection. If you get off track take a deep breath and get back on the plan as soon as possible. Having the drive and courage to learn to overcome obstacles to move forward is a very important part of reaching your goals. Look at this as a learning experience and a journey to enjoy.



Please share your fitness experience with your friends and family. We will give them 2 free sessions just for coming in and if your referral signs, we'll give you a free session!

A referral is the best gift and highest compliment you can give to us. Thank You for your support!