

How To Maintain Your New Year Fitness Resolutions

written by Guest Author | January 18, 2017

After weeks of celebrating the holidays, many gyms see their memberships double in January. People join the gym with aspirations to become healthier and fit. Regardless of the initial spike in that first month, gym attendance starts to go back to normal within a few weeks as people begin to lose their motivation. In 2016, even though 38% of people made weight-loss related New Year's resolutions, only 8% of them were successful in achieving those resolutions. If you want to make 2017 the year you stick to and achieve your fitness resolutions, follow these tips:

1. Visualize success! What is the end result you want to achieve? See it (in your mind) to believe you can do it.
2. Figure out your starting point. Most gyms offer free fitness assessments to help you determine your current fitness level. You have to know your starting point in order to measure your results. Plan to get an assessment every 3 months to track your progress.
3. Make SMART goals & plans. Sitting on your butt and wishing you were in shape isn't going to get you in shape. Write down **S**pecific, **M**easurable, **A**ttainable, **R**elevant, **T**ime-bound plans. Those who write down their goals accomplish significantly more than those who don't. You are 42% more likely to achieve your goals just by committing them to paper. A non-SMART plan: Lose some weight; eat more vegetables. A SMART plan: Lose 5lbs in 5 weeks by jogging 30 minutes 3x a week and lifting weights 30 min twice a week; eat 2 servings of vegetables at lunch and dinner Mon-Fri; eliminate soda.
4. All big (long-term) goals are achieved by meeting smaller goals. Set daily, achievable goals that move you towards your bigger goal. Each "mini success" will help motivate you to stick with your resolution. Examples: a daily goal of walking 10,000 steps a day; a weekly goal of exercising 3 times a week.
5. Create a workout schedule for consistency. Putting exercise on your calendar serves as a reminder to hit the gym regularly and will keep you on track. Treat it as a top-priority appointment and schedule things around it. If you don't make it a priority, it won't be done. Make your fitness routine work for your schedule - pick a time of the day when you will have the energy to do a workout, then build your calendar around that.
6. Record your exercise and food intake in a journal on a daily basis. Write down what you do and eat daily to track your progress and see how far you've come. Each week, give yourself a new mini-goal (add an extra serving of veggies each day; add an extra 5 min to your run) and record it.

7. Change your workouts every 4 – 6 weeks. While you want to be consistent in exercising, you also want to make sure you don't hit a plateau and stop progressing. Every workout should be challenging. As you get more fit, the exercises should get tougher. This is a great time to try new fitness classes, like [BollyX](#)! The more variety you add to your routine, the more effective and fun it will be.
8. Find solutions for your excuses. If something is derailing you from moving towards your goal, take the time to figure out a solution. Ask a friend or gym staff for advice. If you really want it, you'll find a way; otherwise, you'll find an excuse.
9. Be patient when it comes to seeing results. Changes won't happen overnight. Don't give up if you don't see progress immediately. There are numerous health benefits to eating well and exercising that you can't see. Don't track your progress only with the number on a scale. Notice yourself getting stronger, lifting heavier weights, being less winded in a cardio class, feeling more energetic, sleeping better, etc.
10. Share your fitness goals with friends. You'll need a support and accountability team during your journey so you won't be tempted to ditch your workout or eat a second slice of cake. A workout buddy will hold you accountable and will be the motivation you need to get to the gym on days when all you want to do is lay on the couch and watch TV. Don't find someone who will share French fries with you; find someone who wants to take a group exercise class with you!

GOOD LUCK!

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