

Top Ten Ways to Stick to Your New Year's Resolution

Each year people all across the country vow to make this the year they get in shape. For the first few weeks each January, gyms become packed with new and long-time members whose rejuvenated spirits come out in full force to tackle those unwanted pounds. By February, most have lost interest and returned to a more sedentary lifestyle. Don't let your passion for fitness fall by the wayside. Here are the top ten ways to help you stick to your New Year's resolution.

Consult Your Physician – Make an appointment with your physician and get cleared to begin an exercise program. Your doctor may also have some additional nutrition and fitness information that will aid in your quest for a healthy lifestyle.

Avoid Peak Gym Hours – Crowded gyms can be frustrating and since fitness facilities often see a spike in membership and attendance after January 1, try to work out during off-peak hours. Talk to the gym staff and find out when the busiest times are so you can try to avoid them.

Hire a Personal Trainer – A personal trainer will not only help keep you motivated, but they will also help you achieve results safer and faster by applying their expertise.

Start Slow – If you're not used to working out, gradually ease into a program. As time goes by, add more time to each workout and more workout days to each week.

Find Classes and Activities You Like – If you don't enjoy what you do, you won't stick with it. Check out a variety of exercise classes and fitness activities to see what appeals to you.

Stick to a Schedule – Put yourself on a schedule. If you decide to go to the gym three days a week on Mondays, Wednesdays and Fridays, mark it on your calendar and make it a part of your weekly routine. You will end up going more often than if you didn't have a schedule and just went when you felt like it.

Stock Your Kitchen with Healthy Foods – If you have healthy foods available, you will be less likely to eat junk food and fast food. Keep fresh fruits and vegetables available for quick and healthy snacks.

Wear the Proper Workout Attire – Having the right clothes and shoes will ensure a comfortable work out and help prevent injuries. Proper exercise gear doesn't have to be expensive. When shopping for shoes, make sure they fit comfortably and provide good support. Clothes should be made from a breathable fabric with stretch.

Workout with a Friend – Find a friend, family member or co-worker who is available to exercise on the same days as you. A workout buddy will help keep you motivated and make exercising more fun.

Exercise at Home – Instead of watching TV from the couch, get down on the floor and stretch or do some calisthenics.



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