

## New Year's Fitness Resolutions

How many people have got "GET FIT!" on their list of New Year's resolutions? And how many people had "GET FIT!" on their list of New Year's resolutions last year as well?

Getting fit is not the kind of New Year's resolution that can be done and ticked off the list by the end of January. That is because getting fit doesn't involve just doing a set of activities and then sitting back and enjoying having 'got fit'. Getting fit is a temporary state. You are only fit for as long as you continue to work at your fitness. So, if one of your New Year's resolutions is "GET FIT" then it might be worth revising it to "GET FIT AND STAY FIT".

The beginning of a new year is a great time to set fitness goals and start working towards them. A new year symbolises a fresh start and it is great that it coincides with a bit of a holiday from work and good weather for physical activity.

If "GET FIT AND STAY FIT" is on your list of New Year's resolutions then try this approach to kick starting your campaign and keep at it ALL year:

- Remind yourself every day that getting fit and staying fit is a process. It takes time. Don't be discouraged if you don't feel or look fit straight away. You will start getting fit on the inside first and then if you keep at it these other benefits will come. If you don't keep at it they won't.
- Try and do some kind of physical activity every day. If you are a creature of habit then try and exercise around the same time each day. This will make it easier for you to incorporate it into your everyday life. But if your life is not routinised or you like variety then you can vary where you fit your daily physical activity. Just don't let yourself slip into leaving it to the last thing of the day too often as this could mean it ends up slipping out of your day altogether.
- If there are particular physical activities that you like or have always wanted to try then start your new fitness campaign with these. If you get bored easily or know that too much of the same thing isn't for you then do two or three different activities. But leave it at two or three or you will end up with too many to choose from and too many practicalities to work out on a daily basis. This could end up stopping you from including some kind of physical activity in each day with ease.
- When choosing your physical activities make sure that at least some of them involve getting your heart rate up and that you do these activities 3-4 times per week. The easiest way to tell if you have your heart rate up sufficiently is if you are 'puffing' when you do the activity. If you are then you are working your heart at a level that will advance your aerobic fitness. If you are not then the activity is not working your cardio system enough to get fit and stay fit.
- When you start each exercise session plan to be doing it for at least 30-40 minutes. That means doing the 'puffing' bit for 30-40 minutes. It doesn't mean 30-40 minutes including getting changed, putting shoes on, showering afterwards etc.
- Well rounded fitness involves more than just 'puffing' activities which just work your cardio system. Try and do some activities that are also weight bearing and which work your muscles and strengthen your bones. Fast walking with hand weights, walk/run sessions, gym work or organised fitness classes are

all good activities for this. And for increasing your flexibility you can do your own stretching activities or fitball work, or you could try pilates or yoga.

- No fitness program is complete without a healthy, balanced diet and so complement your physical exercise with nutritious food and drink plenty of water.

If you need help with getting started or with maintaining motivation or with 'stepping up' to the next level of fitness then organise some online personal fitness training with Hyperactive Personal Fitness Training.

Start fulfilling your New Year's resolution now. Get active and stay active – all year.

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