

Identify your weak points

Luke Barden, March 2013

You should be making some gains by now, feeling both healthier and fitter. The changes you are making will benefit you in all aspects of your life; you will feel better, have more energy, have a more resilient immune system, be stronger, be able to do more and participate in more, and have more confidence in yourself as a result of all of these!

It is now you need to take a step back, and look at where you were, where you now are, and where you want to be. You may have seen small, or drastic differences. But what are your long-term goals? What is fueling you? Why do you train?

Is it:

- To gain muscle size
- To burn fat
- To improve your performance at a chosen sport
- To be able to do certain activities
- To improve your quality of life
- Another reason specific to you?

Each of these will have their own requirements to truly succeed at them. This is where you need to analyse your weaknesses. If you are gaining muscle size, aiming for a specific look with your body, are you keeping everything in proportion? A common problem is focusing too much on the 'mirror muscles' and not giving the muscles you cannot see in your reflection proportionate attention. If you are attempting to lose fat, are you giving your diet enough consideration or trying to 'out-exercise' too many cheat meals?

Remember, what you are doing is developing a healthy lifestyle. This is not a sprint, a three month project that once you have hit your goal, you can just stop and keep all the progress you have made. Don't let yourself burn out, or rush to a goal through bad technique or alternative methods that will be detrimental to your health. Keep good form, and start good habits, that can stay with you for years, or even your whole life!

Keep pushing yourself!