

Keeping the Positive Start Going

Luke Barden, February 2013

After starting the year well, making SMART goals and sticking to them, results should start becoming visible now. However, don't let this allow you to become complacent!

Remember, your goals should be realistic, so they can actually be achieved, but don't make them too easy! If your not pushing yourself, you will fall short of the results you have the potential for.

If you missed the New Years buzz, theres nothing stopping you from beginning a routine now! Don't be put off because others have a head start on you. You don't have to be great when you start, but you do have to start to be great!

Its around now that your diet becomes an important factor. When you first start, there is a short period where the exercise will have an affect, even if you aren't eating well. Now is the time to change that. With this article is a "Food and Mood Diary". Print one off, and fill out everything you eat and drink for the week. You will be surprised how much better you eat just knowing you will have to write it all down; but be totally honest, or it makes the idea redundant from the start. Once you've filled it out feel free to e-mail it to me (lukebarden.pt@gmail.com) if you would like some feedback or ideas for improvement.

One training tip when it comes to your cardio, dont get caught up in reading your treadmills 'calories burned' display. This is not an accurate readout. The machine simply doesnt know enough about you to tell you that. When it comes to losing weight, people tend to think going for hour long stints on the treadmill or bike. This isn't the best use of your time. When it comes to changing body composition, nutrition is by far the most important, followed by a weights routine, and long cardio sessions are at the bottom of the list. Remember what your training for:



Marathoner vs Sprinter

Think again when you do cardio.

You should not only be looking better by now, but feeling better and healthier too! Make the most of this added energy and stamina; Is there a sport you've always wanted to try? Or maybe you stopped and always wanted to start back up? Your exercise routine will be even more fueled if you know it is allowing you to take part in a hobby you love as well! Almost without exception, all sports will see an improved performance when the participant is following a relevant exercise routine.

If you have been maintaining your preparation, you should hopefully be realising how beneficial it is. Knowing what you need through the day, to follow your goals (both fitness and other) helps you to plan properly, and succeed. Keep preparing your food (at the beginning of the day or the night before) and avoiding 'snacking' on bad foods. Keep to your weekly gym routine. These foundations will keep you on track, and help you get where you really want to be.

Keep enjoying it! After all, it is supposed to be fun!