

# New Years Resolutions

*Luke Barden January 2013*

It's the start of a new year again! Everyone eats and drinks a bit too much over the Christmas and New Years Eve, and the plan to "lose the weight in the new year" or as a "new years resolution" is a very popular one!

Don't let yourself get caught up in the short lived, fast to start and just as fast to finish trend! Set yourself a real goal, with real aims and timescales!

SMART goals is a great way to begin.

Small - Measurable - Achievable - Relentless - Targets

This is to say, if you have a goal, split it up into smaller steps. But make sure they can be measured (run 1km further, lift 10kg heavier) and are achievable (you wont run a marathon or break a powerlifting record overnight!) Relentless is meaning make them consistent, don't let yourself hit a target for jan and feb, to have done 'almost' what you set out to do, so you can quit or slack off and stop pushing yourself. Stick with it and persevere! You should always be better today, than you were yesterday!

Remember that both exercise and diet need to be working in collaboration in order to maximise results. You cannot out-exercise a bad diet and you will not get the results you are capable of if you work hard on your diet and don't give any time to an exercise regime!

Make this year the year where you get yourself to where you want to be! Physically (the way your body looks, feels and performs) and in regards to your health and mentality. These are all very closely linked, as a body performing at its highest output physically, is a fit and healthy body, meaning the mind will be fitter and perform better. The regular exercise will also help you clear your head and let out any stress you may be dealing with. Keeping fit and eating well will also result in a much better overall health. Therefore, a balance of all three will leave you feeling fantastic!

Remember, preparation is key. Know what you want, and how you are going to get it. Preparing food at the beginning of the day, or the night before, will remove the need to 'snack' on that chocolate bar or bag of crisps because there isn't any 'good' food available. Know your gym times each week and stick to them! A one hour workout is 4% of your day. If you want to hit your goals, you will make time for it! Have an idea of a workout plan or exercise class you are going to do. You may only know you are going to work on legs today, but it means you will have a purpose as soon as you step into the gym.

Above all enjoy it! Exercise is fun if you find the right stuff for you!