

Make a plan and improve your health today:

We all talk about improving our health, losing weight, and taking better care of ourselves. Today is the day to act on those words! Taking the time to create a well thought out plan with the tips below can make establishing healthy habits a goal that you start achieving today.

Think of it as a health improvement project:

If you were to start a home improvement project wouldn't you do some research to find the best way to get that project completed? The same should be done when making improvements in your health. Is your goal to place in a bodybuilding competition, finish a marathon or lose 15 pounds? Your work-out plan needs to be directly linked to your goals so the results you see are the results you are going for.

Make time to strategize. Be sure to make a little time to improve the grocery list and come up with some healthier options for meals during the week. Schedule your workout time during the week just as you would any other appointment so that you always have time to get it done.

"In life, as in football, you won't go far unless you know where the goalposts are." Arnold Glasgow

Certain physical goals take more time than others. Finishing a marathon takes several months of training and 8- 15 hours of exercise a week. But improving your fitness level and decreasing your body fat can be done with about 4 hours of exercise a week.

Do you have the skills you need to get you there? If you don't have all of the tools, it could be well worth your time and money to hire a nutritionist or a personal trainer to educate you on what you need to do to achieve your goals. Attending a group exercise class can teach you what exercises and what intensities are appropriate for where you are today and where you want to go in the future. These options have an added benefit because they increase accountability and give you a support system as you work towards your goals.

Prepare yourself to be fit and healthy for life:

Ask yourself... can I do this forever? If your plan is strictly a means to an end, like losing 30lbs or getting fit for the summer season, chances are you will be losing that same weight over and over again. Pick improvements that you can live with for the rest of your life. Whether your goals are moderate or lofty, they must be *attainable*. You will be surprised how easy it will be to stick to a program that is well thought out.

Permanent changes are about progress, not perfection. If you improved your habits a little bit every year, imagine where you might be 2, 5, and 10 years from now? Now that you are prepared and have a plan to succeed, get out there and become the person you know you can be!

*Caryn Moxey has been a certified personal trainer since 1999. The best part of her job is motivating clients to chase after their own goals, preferably at a full sprint. She can be reached at caryn@pureenergygym.com