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What are you trying to do for fitness?

Your New Year's Resolution

Why Wait . . . ?

This is always an interesting time for me because it is that quick moment of reflection between Christmas and the New Year. It just seems like the perfect time for reflection on the past year and optimism for the future. But while I see myself and those around me make resolutions for the New Year – it always makes me wonder why it takes us coming to this point to start this new resolution, rather than have just done it in the past – like the weight loss challenge I organized just before the holidays – I had many people scrutinize me that I would even think of starting a weight loss challenge right before the holidays – but over 30 individuals jumped on board and took the plunge – it just goes with the *idea of why wait.*

Why wait to eat right?

Why wait to exercise?

Why wait to take care of your body?

The list could go on and on. . .

But a few suggestions to help are below:

1. Ask yourself, “Am I happy with myself this past year?”
 - a. What was good?
 - b. What was not good?
2. How can I improve on those areas that were both good and bad?
3. Now make a goal to take action and write it down.
4. After you have the goal written down, write down smaller goals to obtain along the way.
5. Now take action
 - a. And find someone to hold you accountable – friend, co-worker, etc.
6. Follow up and check your progress – are you meeting your stepping stones – if not, what do I need to do to get there?