

# Resolution Revolution



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Did you make a fitness resolution on New Years Eve?

Exercise resolutions tend to be statements that are very specific. "I'm going

to take that spin class every day!" "Starting tomorrow, I'm running 5 miles on that treadmill!" In January, gyms are packed. Come the end of February, beginning of March however, it's a different story. Life happens, we miss one day, then two, and inevitably, exercise falls by the wayside. Diet resolutions tend to be restrictive, and since we no longer allow ourselves to have certain foods that we enjoy, we rebel in a short time. Instead of making a resolution, how about resolving to make a lifestyle change! A lifestyle change should fit in seamlessly with your daily routine, take up little demand on your time, and should be something you can easily do long-term. There may be days you can't get to the gym. Instead of specific exercises, vow to be more active every day. Exercise is cumulative, and if you get in a few minutes several times a day, it adds up! Take the stairs more, park further away, do crunches on an exercise ball or the floor while watching television. At work, do wall push-ups, chair squats and keep exercise bands at your desk. Really want that piece of cake or chocolate? Have a small piece, eat it slowly, and really enjoy it, unconditionally. Being mindful of your food makes such a difference. When we appreciate what we eat, we appreciate what we put into our bodies. When we appreciate what we put into our bodies, it nourishes us, mentally and physically. It's a cycle that

leads us wanting to exercise, which leads us to eat better, which leads us to exercise, which leads us to eat better, and so it continues.

Ready to have a healthful, energetic year, and get great results? Get a notebook and start a journal. On the first page, write down a mission statement: What would you like to accomplish? One or two lines are all you need. Next, write down a few realistic goals: lose 1 or 2 pounds a week, eat more fruits and vegetables daily, cut out sodas, eat more whole grains, etc. If it is helpful, cut out a picture of something that motivates or inspires you (a person, clothing that you want to wear, etc.). Maybe you have a favorite quote you want to put down on the page. When your journal is set up, start writing down what you eat daily (breakfast, lunch, dinner, snacks), along with the time of day of the meal. Also log in any activity for the day (Did you go to the gym? - take a walk? - walk up and down stairs instead of using the elevator?). Keeping track of our activity really puts things into perspective, as we tend to overestimate how much activity we do. It's also a good idea to get a pedometer to track how far you walk on a daily basis.

Once you see patterns in your eating habits and activity levels, you can make adjustments, and plan accordingly. Keep re-evaluating your goals, and change them as needed to keep yourself moving forward. A good personal trainer can work within your lifestyle, help you set and evaluate your goals, and show you how to make the most of your time. You can make the changes to live healthier everyday!