

5 Steps to a New You!!!

Ok so you have your nutrition plan and you've cleared out the fridge and bought your shopping for the week, planned to go to the gym every day and paid for a years member ship upfront....so what now? All the intentions are there and all you have to do is follow through. Easy huh????

Well you're on the right track, what you need to do now is form a good habit. The way to do this is to set yourself achievable targets to meet along the way. Don't plan to go to the gym everyday it's unrealistic and a habit you will be unlikely to sustain considering the demands of our fast paced lives. Don't restrict your eating either; this is likely to leave you hungry, lethargic and grumpy.

So how do I do all of this? First of all grab a pen and paper...think about what you would like to achieve health and fitness wise and write these targets down. Pick one of your targets; now write the letters S, M, A, R, T, vertically down the page.

Step 1- Look at your goal, is it Specific? Does it state clearly what you would like to achieve? For example "I want to lose weight" is not specific, to define this think about how much weight you would like to lose and when you want to lose it. By adding these elements the goal becomes, "I want to lose 7lbs by my summer holiday in July" which clearly defines your aim.

Step 2- Is your goal Measurable? How are you going to measure whether you achieve your goal? If you have scales, you can weigh yourself. Though do not do this everyday, try for once a week at the same day and time, to give consistent readings. If you weigh yourself after a heavy meal you are likely to weigh more than first thing in the morning following a bowel movement.

Step 3- Is your goal Achievable? You have to look at your current weight, now be honest with yourself about how much weight to lose. Have you given yourself a reasonable amount of time to achieve your goal? It is recommended that you aim to lose 2lb per week so working on this basis you will need to allow enough time for this.

Step 4- Is your goal Realistic? Look at how much you currently weigh and be realistic about your targets. If you're trying to lose 30lb in a week, it's not going to happen, at least not in a healthy way, so be realistic about the amount of weight you want to lose and the time within which you want to lose it.

Step 5- Is your goal within a Time frame? So how long have you given yourself to achieve your target? You need to set yourself target date by which to achieve your goal. So you have 3 months till your summer holiday, plan out how much you will need to lose every week to achieve this.

Now work through this 5-step plan for all of the goals you have written down. You can then refer to this list to help keep you on track and motivate you on the way to completing your goals! This is a tried and tested method you can implement to help achieve ALL of your health and fitness goals. Try it and see!!

Hugs, Tracy x