

What is keeping you from achieving your health and fitness goals....and what you can do about it?

Stumbling block 1.....I have no will power.

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, if you are finding it tough to set yourself goals, why not book in for a full personal training assessment with **Tracy** at **Serendipity Fitness** where you can discuss your goals and receive advice on how to take the next step on your way to a new you!!

Stumbling block 2.....I can't stay motivated.

Staying on target can be difficult, particularly when others around you are not supportive. We've all heard the phrase "Oh go on one won't hurt you" as your colleagues or family are passing round the chocolates! You may feel as though others are trying to sabotage your good intentions, of course one chocolate is not going to hurt you, but remember it is ok to say no. Here is the time where planning is essential. Re-visit your goals you set using the 5-step plan above. Read through them...this may motivate you. Think about your end goals and how this will make you feel if you achieve them. Try exercising with a friend as you can then motivate and support one another. You may want to try to enlist the services of a personal trainer to help motivate you, whether this is a one off session, once a month or once a week. Why not contact Tracy on **01604 743001**, **07966 362914** or email tracy@serendipity-fitness.co.uk to see how a Personal Trainer can help you today and put your SMART goals into action!

Stumbling block 3.....I'm too busy.

Implementing any sort of changes into your lifestyle can initially be a challenge and require a bit of effort. Though there are simple ways to incorporate healthy nutritional and fitness options into your daily schedule without needing to add another task to your to do list!

6 simple ways to fit things into my day.

- 1- Find a lunchtime fitness class or a gym close to where you work and try to fit your workout into your lunch break.
- 2- If you have space look into employing a trainer to come to your workplace to deliver an exercise session, this way you save time as you don't even have to leave the workplace.
- 3- Take the stairs instead of using the lift.
- 4- Ensure you eat breakfast, this will kick start your metabolism for the day and get you on the way to burning up those calories.
- 5- Plan out your meals for the day and make them the night before work so you're not rushing in the morning, this will ensure you make healthy choices instead of grabbing a burger from the canteen.
- 6- Try to eat every 3- 4 hours so you don't suffer from dips in blood sugar and get that 3pm sugar craving and to keep your metabolism revved up.

Look into having a meal plan designed to meet your needs, which will take care of your breakfast, lunch, dinner and snacks to take out the guess work.

For help with this contact Tracy at www.serendipity-fitness.co.uk to see how Serendipity Fitness can help you and why not sign up for **Serendipity Fit Camp**..... "If you think you can... you can!"



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