

## New year's resolutions for the active

Perhaps it has been my own lack of success with the concept, but I have never been a proponent of new year's resolutions. In my experience in the fitness industry of almost thirty years, I have seen that fitness programs started as new year's resolutions probably have the least chance of long term success. Bottom line, if you have to wait for the new year to start a program your resolve is probably not strong enough to consistently stick with a program long term. For those of you who will still try to prove me wrong this next year, good luck, I hope you prove me wrong. But realistically, if you need to start a fitness program I believe in the "do it now" philosophy.

One type of resolution I can support is for those who are already working at a fitness program. Resolve to take a critical assessment of whatever you enjoy doing to stay fit.

Step back and think about your goals, do you need to scale them up, do you need to scale them down, overall are they still realistic? Scale up your goals only if your time, physical, emotional, and financial resources allow it. Scale your goals down if you find that your training is overall consuming too much of your life. Your sense of reality may need some outside input with making some of these decisions.

Review your strategies for obtaining your goals. Are they getting you closer to your goals without injury and in the most efficient manner? Working out or participating in your favorite activity should make you feel great and be a compliment to the rest of your life. The saying "no pain no gain" is the most over used fitness adage and it holds NO truth. If your pursuit of your perception of fitness is causing you pain on one or more levels, identify the problems and correct them immediately. Fitness activities that produce pain usually are not producing efficient long term results. Again, a view outside of your own will improve your perspective.

Assess your diet, nine times out of ten are you making good choices and are you really being honest with yourself when it comes to the content and quantity of your food intake? "You are what you eat" is the adage that may be overused but still holds the most truth. Pay attention to details, small additions of just a few calories here and there can add pounds of stored fat over a years' time. Quality food content emphasizing natural and whole foods rich in nutrients and fiber will help maintain or restore balance to your physical and mental being.

Regardless of what time of year it is use these points to identify and improve current or potential problems and "do it now".