



NewsLetter

January 2023



New year, New you?

Approximately 80% of people do not stick to their New Years resolutions.

Thats where we can help.....

Hiring a personal trainer can not only take the guess work out for you, but will also keep you accountable.

Its the lack of commitment, inconsistency and false expectations that makes us trip up on our own. Never actually reaching that longed for goal.

Ask yourself "how many times have I had the same NY resolution? probably several.

Find these easy to follow steps to help you achieve success and workout (SMART)er.

Long term

This is your main, over arching goal. The one thing that you are focusing on achieving - your end result. You must put a time that you want to achieve your goal in, otherwise it will never end and you will never reach how you want to be, only resulting in big disappointment. Got a dress you want to get into? put a picture of it on the fridge or your bathroom mirror as a constant reminder!

Medium term

This is the time frame between you starting and how you want to finish. Possibly the time that you are starting to see some positive changes. Use these positive changes to keep you motivated and pushing forward. Something you are struggling with? simply revisit what is bothering you and break it back down into manageable tasks. Dont be tempted to give up, be patient and keep consistent.

Short term

This is what you can do RIGHT NOW. What changes you can make in your daily habits to make positive steps towards your goal within the first month of committing to taking positive steps and action.

Write them down

Make them realistic

Take small steps every day and keep a focus on your why!