



ARE YOU BEING S.M.A.R.T

ABOUT YOUR WORKOUT?

Increase Your Motivation At The Gym.

Be **S.M.A.R.T.** about setting your goals. Your goals should be:

Specific. Instead of saying you want to “get into shape” be specific on what exactly does getting into shape mean to you. Does this mean losing body fat, building muscle, being able to run a mile, etc...?

Measurable. If your goal is to lose weight, how much weight do you want to lose...10, 20, 30 lbs.? If you want to run, how far/long do you want to run? How much weight do you want to be able to bench press or squat?

Attainable. Walking/running 3-5 times a week for 30minutes or lifting weights 3-5 times a week are examples of attainable goals

Realistic. Do not set yourself up for failure. For example, stating you want to lose 30 lbs. in a month would be unrealistic not to mention dangerous. A more realistic goal would be to lose 30 lbs. in 6-months.

Timely. How long will you give yourself to reach your goals? 3-6 months, a year? Make yourself accountable by setting a time frame to accomplish your goals. If it is a really large goal then perhaps allowing for a longer time frame (1-year) but setting stepping stones (small goals) along the way will help make the overall goal less daunting.



Buddy System or Wearables

Find a friend to exercise with you. It is important to find someone who enjoys doing the same activities as you do and is available at a time that works for the both of you. It's nice to encourage each other especially on days when you don't feel like working out. If you can't find someone to workout with, you might consider getting a wearable like a Fitbit®, Garmin®, Apple, or Samsung smart watch. You can set daily goals on your wearable and it will help keep you on track to meet your daily and weekly goal(s).

Journals & Fitness Apps

Keeping a training diary and/or a food diary can be very effective. If you are more technology savvy there are numerous fitness apps like My Fitness Pal® that can be very useful. The night before your workout sit down and plan out what you are going to accomplish in your exercise session. After you have completed your workout or at the end of your day, sit down and see if you accomplished everything you had planned the night before. Do the same with a food diary or App. Try to plan your meals for the next day and stick to it the best you can. At the end of the day sit down and compare what you planned to what you've actually eaten. It's a great way to see where you may need to make some improvements.

Track Your Progress

As a member of the Lifestyle Fitness Center, you are entitled to periodic fitness profiles. It's a great way to track your health and fitness progress along the way. The Fitness Profile is individualized and can include measures such as weight, heart rate, blood pressure, body fat or circumference measurements, a cardiovascular fitness test (treadmill), strength test, flexibility test, and a muscular endurance test. Once your baseline is levels are measured, it is a good idea to re-assess every 8-12 weeks to see if you are reaching the goals you set for yourself. Other ways of knowing if your exercise routine is paying off is if your clothes are fitting better and if certain activities or exercises are becoming easier.

Reward Yourself

When you reach your goal(s) reward yourself! You need to decide what that reward is going to be. When you have reached your goal treat yourself. Whether it's buying a new outfit, going to the movies, or taking a vacation be sure to reward yourself.