



The New Year has officially arrived, and so that means getting back in shape. Say so long to your expanding waistline, and hello to a healthy fitness regime. The Body Lab, with two locations in Arizona, specializes in Lagree Fitness, the regime of choice by Hollywood's elite, celebrated athletes and people who simply want the most kick-butt, shirt-drenching and fun workout around. The Body Lab trainer Adam Maielua shares some simple fitness tips to help keep you on the right path to have a successful New Year's resolution.

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1. Be honest. Do you desire lasting change or just a seasonal "tune-up"? Our efforts are amplified when we become emotionally vested. Ponder your motivational triggers and write them down. Add some pictures. Whenever you feel like quitting, read them. Maybe add a few more. Better yet, find someone to share them with, someone that will not hesitate to call you out on your own excuses.
2. Know yourself. Do you get flustered when you have to alter your weekly routine or are you random and sporadic? Either way create a schedule that enhances your behavior. Some of us want to exercise at 6 a.m. on Mondays, Wednesdays, Fridays and drink breakfast smoothies on Tuesdays and Thursdays. Others prefer boot camps on Tuesdays mornings, yoga Wednesdays nights, and salmon on Saturdays. Whenever possible, carve out times for fitness and nutrition, but be ready to reschedule. Life happens.
3. Find alternatives. None of us are ecstatic to relinquish part of our daily lives. Even our most healthy detrimental factors can be replaced with satisfying options. This applies to both food and activities. Ask around. There's a lot of us out there that have discovered better choices. It may take some trial and error, but don't give up. Remember your motivations.
4. Enjoy your tribe. From now until summertime, communities all around us offer various events to celebrate where we live. Skim various media sources. Talk to your extended network. Doing something different is still doing something. The more we learn to love where we live the more we love the life we live.
5. Find mental fitness. This is an extremely busy time of year. People are everywhere and we all have personal agendas. While you may be a calm, easy going person, the anxiety around can derail a positive attitude. Even if it's 5 minutes sitting in the car before you drive off to work, find a quiet moment to focus on what you're accomplishing and love the crap out of yourself.

Visit <http://thebodylabus.com/> for more information.