

# Tips for Sticking with Get-Fit New Year's Resolutions

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**They say it takes about 66 days to make an exercise habit stick. We say easier said than done - often times, even the most well-intentioned don't make it that far. If you've noticed yourself starting to slack off in the gym, read on. Marshall Swerdfeger, head coach at Orangetheory Fitness Arrowhead, shows us how to stay motivated for good.**

## 1. Reassess.

When it comes to fitness, most people approach the New Year with an all-or-none mentality. If this sounds like you, take a step back and reevaluate. Resolutions containing the words *every*, *always* and *never* are difficult to stick with and often set you up for failure. "You have to have short-term goals in place that are attainable and realistic," says Swerdfeger. And remember: you don't have to channel Superwoman 24/7. "Not every day is going to be this grand takeaway victory," he warns. "But if you did something that day to make yourself better, that day was worth it."

## 2. Set S.M.A.R.T. goals.

Having trouble nailing down your intentions? Swerdfeger swears by the S.M.A.R.T. series, an acronym that stands for *specific*, *measurable*, *attainable*, *realistic* and *timely*. By breaking things down, you'll cover all the bases and avoid setting vague goals that will eventually leave you spinning your wheels.

## 3. Unplug.

Instagram and Facebook can be great places to get a little fitspiration, but proceed with caution. Says Swerdfeger: "[Social media] can take away from what you're trying to achieve because everyone is so different." Next time you find yourself scrolling dejectedly through someone else's feed, power down and try drawing a little inspiration from family and friends.

## 4. Remember the long-term benefits.

When the going gets tough, Swerdfeger encourages his clients to keep pushing. "You can dramatically improve your life by adding fitness," he says. Apart from higher energy levels and sounder sleep, working towards becoming the best version of yourself will put you in a better frame of mind.

## 5. Reward yourself.

The word *reward* often triggers visions of pizza and ice cream, but Swerdfeger, who was an athlete in college, has something else in mind. "Whether or not I had the best or worst day of practice, I would look in the mirror and say, 'Hey, you did good today,'" he recalls. Establish a routine of patting yourself on the back, whether that involves a pedicure, a small glass of wine or an extra hour of Netflix. You deserve it.