

Tips to Maintain Fitness Resolutions Throughout the Year

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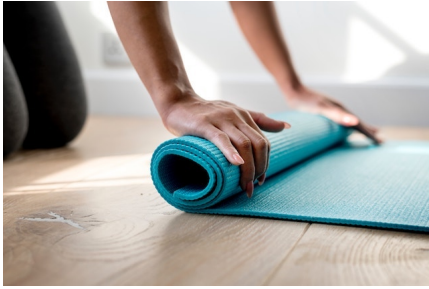


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New Year's resolutions – while they may be great fun to make – are also really difficult to stick with. Particularly, those pesky fitness resolutions and the cliché promise we all make to “eat cleaner” after an otherwise calorie- and chocolate-filled, holiday season. As we settle into February though, it feels like those “new year, new me” goals that once motivated us to flock to the gyms, invest in a Nutribullet for those newly-incorporated, smoothie-based diets and pride ourselves on meeting our daily goal of 10,000 steps through our Fitbit, are now long forgotten. Hey, we're not judging. But, it does beg the question: How do we maintain our fitness our goals and turn our healthy, dieting techniques into a lifestyle?

The team at LA Fitness believes it all comes down to accountability. We're only as good as the people around us.

“One of the most significant challenges people face when it comes to following through on their fitness goals is that they jump in with both feet, without adequate support,” says Barbie Sparks, regional coordinator of Aerobics for LA Fitness. “We know the pitfalls, we understand the challenges and we understand how to help channel the initial waves of enthusiasm into ongoing momentum.”

And similarly, to how we often require great, fellow colleagues and teammates to succeed, the same can be said about reaching our fitness goals. The team at LA Fitness also offered a few other helpful tips to how you can continue to stay on track as the new year progresses:

- **Cultivate a workout based on variety.**

Let's be real: when we propose our workout resolutions, we usually have something in particular that we're looking to improve upon or make more physically appealing. Whether you're strength training for a sport season or just looking to build your core and reduce that inevitable gut, you have a clear goal in the back of your mind. While there's nothing wrong with this, repeating the same workout on a daily basis is a great way to get burnt out on an already-daunting commitment. It's important to develop a wide range of workout options so that you're not only incorporating some variety into your routine, but you're also working to strengthen other parts of your body. Work on focusing more on the big picture and on the health of your body as a whole, rather than just maintaining tunnel vision in your fitness regimen.

- **Consider working with a personal trainer.**

Accountability is key to maintaining a healthy lifestyle. And as much as we may enjoy gossiping on the elliptical machine with our girlfriends, the technique might not necessarily prove to be successful for us in the long run. Many gyms – like LA Fitness – have complimentary trainers and fitness experts on-hand to help introduce refreshing and challenging approaches to your routine. Don't be intimidated or embarrassed to ask for help. It's these trainer's jobs to be ‘in-the-know’ on all things health and fitness related. As Elizabeth Dehn once said, “You don't have to do it all by yourself.” So, if you're able to muster the courage to ask for help or advice, you'll be able to watch yourself transform and truly blossom in the long-run.

- **Find a gym and a routine that works for you.**

Every person has a different body type. Therefore, everyone's fitness needs are very different. It's important to find what truly works for you, rather than just what might be cool or trendy in the moment. Find your niche and find a space that you feel comfortable growing in.