

# How to Make your Fitness Goals a Reality This Year

Written by Abby Zufelt

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Making health and fitness goals for the New Year is easy; actually achieving them can be hard.

Jeff Stokes, vice president of HYPOXI USA, a unique training system that uses compression technology and low-impact exercise to burn fat, shares tips on how to keep that fitness motivation all year long and simple ways to ease into a healthier lifestyle.

The best way to start is to start small. The loss of motivation can be from starting too hard, too fast. "If you've never worked out before, and are trying to start a new workout routine, be sure to ease yourself into it. Start with a low-impact exercise like HYPOXI or walking, finding something you truly enjoy," he says. Stokes also says that rewarding yourself for accomplishments, big or small, is a great way to stay on track.

Forming healthy habits outside of the gym is a great way to keep and reach fitness goals. Stokes suggests turning off the TV when eating. Television can be distracting and may lead to overindulging during meals. He also stresses the importance of sleep. "When you're tired, you're more likely to make unhealthy food decisions or convince yourself it's OK to skip your daily workout."

Some other easy tips that Stokes suggests are to eat your calories, not drink them, and to surround yourself with healthy food options. Lastly, he says that creating a vision board will remind you of why you set your goals and why you want to achieve them.

With the recent opening of their second U.S. location at Phoenix's Biltmore Fashion Park, the first being at Scottsdale Seville Shopping Center, HYPOXI is ready to help more people achieve their goals. "Now with two locations in the Valley, we can offer our unique training concept to more people in the central Phoenix-area," Stokes says. "Our new Biltmore location is a smart, noninvasive and low-impact choice to lose inches."

The HYPOXI system of fat burning is designed to fit anyone's needs. "Whether you're starting an exercise program for the first time, need something low-impact, or if you're already in shape and looking to fine tune that one stubborn part of your body, HYPOXI is a great option," he says.

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