We are several weeks into the New Year, not to mention a new decade. It’s February and I’m wondering how it’s going so far with your resolutions. What are your fitness goals? Still hitting the ground running but no longer achieving positive results? Perhaps it’s time to revise your workout routine. We are all striving to be more fit. Below are some pointers for sticking with your resolutions.

Set Realistic Goals

Make your goals realistic. You’ll set yourself up for failure if you vow never to eat junk food again. Instead, strive for a goal that is easily attainable, such as avoiding undesirable food more often than you do now.

Plan Ahead for the Occasional Slip

Decide how you will deal with the temptation to skip a day of exercise or have that bag of chips. Remind yourself how your negative choices will affect your wellness goal. Don’t get down on yourself for the occasional slip. Just hit the restart button and pick up where you left off.

Document your goals and track your progress

Referring to a list of items on paper or in your smart device could help with motivation. Keep your list handy and refer to it when you feel like giving up. Research shows that you’re more likely to stick with your goals if you have them written down. Keeping track of your success will help boost your spirits and keep you feeling motivated.

Talk about your goals to friends and family

Don’t keep your wellness goals a secret. Share your plans with close friends and family who will be there for you and who want to help support you. It helps to share with people who are positive and want to see you succeed.

Reward Yourself

This doesn’t mean you can binge on junk food as a reward for eating healthier and exercising more. Instead, celebrate your success by treating yourself to an activity you enjoy that doesn’t conflict with your goals. If you have been lifting weights and meeting your cardio goals on most days of the week, for example, reward yourself with new fitness gear.

Don’t give up

If you feel overwhelmed and running out of steam, remember that making a life change takes time. It takes about six months for a change to become a habit. Also keep in mind that what might have worked yesterday might not continue to work moving forward. This is why you make changes to your wellness plan. Growth comes from change resulting in long term success. Keep up the effort! You can do it!

Yours in Health,
Michelle Beers, Certified Health Coach and Wellness Writer
February 2020