Tip of the week – **“Being realistic with new years’ resolutions”**

With Christmas just over for another year, your thoughts may well be turning to the New Year and possibly a health kick/detox/diet, whatever you want to call it. My main piece of advice with this is BE REALISTIC AND REMEMBER CONSISTENCY BRINGS PROGRESS.

1. Don’t set yourself a general goal, be specific, for example; instead of “I want to lose weight”, how about “I want to lose two stone”. This will help when it comes to tracking progress.

2. Allow yourself enough time to reach your goal – most people think they can reach their goal significantly quicker than they can and then become demotivated when progress takes longer than anticipated.

3. Measure progress – Fitness tests, timed races, dress sizes, progress photos etc.

Furthermore;

* If fat loss is your goal, allow the odd treat (one per week is a good guide)
* If fitness is your goal, keep a track of each training session (duration against time etc.)
* If strength/muscle gain is your goal log your workouts (reps, sets and weight and try to beat each time you train)
* It may also be helpful to split longer term goals down into medium term (up to 3 months) and short term (1-4 weeks) goals so that they are more manageable