

## 10 Steps To Get The Most From Your Exercise Program: Part 6



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There are many reasons for people to begin an exercise program. Those reasons range from short-term goals, such as slimming down for your daughters wedding, to long-term goals for health and wellness. Chances are if your goals are short term, so will be your commitment to exercise. Setting your goals for the long term offers people the opportunity to have an occasional lapse. Maybe your family is in town for a week and then next week you have a business obligation. Already that has taken two weeks out of your exercise regimen. For the person with short-term goals, that could seriously impact the success of that goal. However, if your long-term goal is to be the best you can be and accept setbacks, your odds at succeeding to become healthy and strong far bypass the short-term goal setter.



**Step #7:** Set realistic long-term goals. Many people begin an exercise program for one very specific reason, and that reason is usually to lose weight. As a trainer many of my clients express a desire to weigh less and tone up their muscles. The goal to tone up and lose weight, but what happens after that short-term goal is met? Many people stop exercising and slide back into old eating habits once they have obtained their initial goal of 135 pounds, with 35-inch hips. This reference is to women of course, men would be more concerned with belching, I mean benching 220 pounds and weighing 175. Life is full of ups and downs, it helps if your philosophy for health provides for those variables.

People get sick, break bones, go on vacation, fight depression and deal with family obligations. It helps if your exercise program allows for those interferences. People miss one workout in the week, eat a piece of cake that day, and decide that the whole week is lost, subsequently they stop practicing good habits based on ONE day in their life.

Setting your fitness goal as a lifetime commitment removes the pressure to maintain a perfect routine of diet and exercise. From my own experience this type of mind set has kept me off the couch and out of the bag of potato chips for any longer than a day. I allow myself those “bad “days, because I know that tomorrow is a different day, and my life plan includes exercise till the end of my time on earth. Long-term goals are most successful when some short-term goals are included. For example, training for a 5K run/walk that is coming up in 2 months may be the motivation you need to stay interested and challenged in your fitness routine. Recently I began participating in half triathlons’, they are realistic for me and they have encouraged me to cross train. Instead of concentrating only on running, my fitness program includes swimming and biking. Two forms of exercise I previously choose to ignore. Short-term goals can bring long-term

rewards to your lifetime commitment health. The long-term goal for health and wellness can carry you through the bumps of life. Short-term goals are most successful when included in a long-term goal for fitness. There are no quick fixes to life, except on television. Beware of any claim that guarantees success in an unrealistic span of time.

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