

Starting a Training Regimen



Variety:

Variety is important when you're starting a new workout regimen. It keeps you from getting bored after the first week, and provides a more balanced fitness routine. You can't expect to achieve optimum health when you only ever work out your arms! While creating your own plan, make sure you're working out all parts of the body. Try spending one day on cardio, and then set aside the next day for lifting weights. It's all about variety!

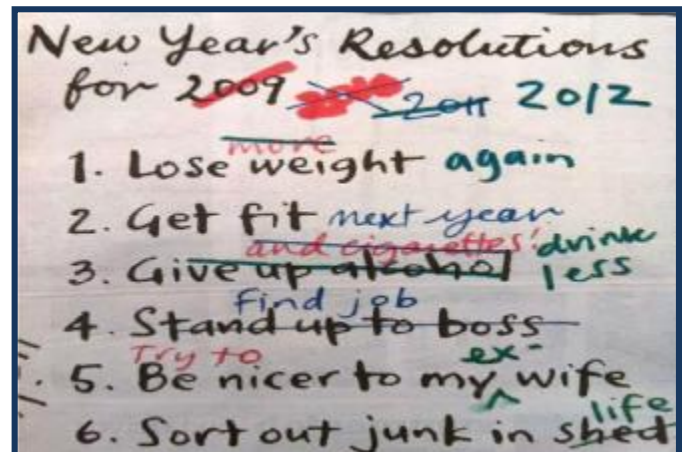


Make Goals:

If you really want to get something done, you need to set goals for yourself (and I don't mean the kind of goals you make on New Years and then forget about the day after). These goals should be S.M.A.R.T. or

- Specific
- Measurable
- Achievable
- Relevant and
- Time-Bound

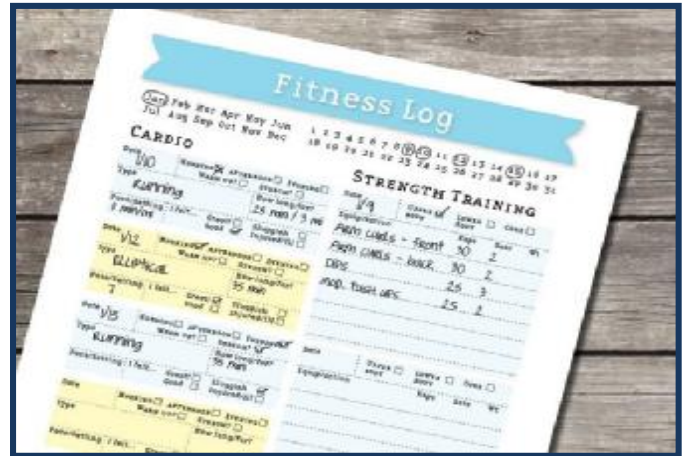
Two good examples of S.M.A.R.T. goals are: to lose 10 pounds in 3 months or to work out for half an hour each day.





Sticking to It:

It doesn't matter how well-thought out your training schedule is if nobody's going to use it! Research suggests it takes approximately 21 days to form a new habit. So, if you're going to cheat on your fitness routine, it will probably be within the first month of starting it. It might seem difficult when you first start out, but you need to stick with it. It will eventually get easier to deal with.



Put it on Paper:

There's a saying that goes *"It's only a dream until you put it on paper, then it's a goal"*. This is why it's a good idea to start a fitness schedule; it's the first step towards reaching your goals. Writing the things you want to achieve down is a great motivator, and it also makes it easier to keep track of what you need to improve on. Unless you plan on going to a personal trainer, it's best to just put it on paper.

Get your Friends Involved:

There are a lot of reasons to get yourself a workout buddy. First of all, it's easier to bail on your own workout routine, but bailing on your friend is worse. It also makes your sessions something to look forward to, rather than just an obligation, and you'll always have a spotter to help you when you need it. Lastly, there are probably a lot of people in your life who will (unintentionally) put down your new lifestyle. A good workout buddy would be able to motivate you instead.

