

# STICKING WITH YOUR 2012 NEW YEAR'S RESOLUTION

Courtesy of The Forum Private Fitness, Westchester, CA

## Successful Strategies

**What really works to keep you exercising? Here are the secrets of successful exercisers:**

### **Deal with the details!**

We're strategic in other areas of our lives - whether we're throwing a party or going on vacation, we sit down and figure out what needs to be done, how and when. Exercise deserves the same brainwork, because planning helps lessen the perception of inconvenience, which is what maybe keeping you from exercising.

### **Make it enjoyable!**

Reward yourself - You may think you're too old for this behavioral principle, but we never outgrow the need for positive incentives. Decide on a reward for meeting a specific goal. Set aside the amount of money for your reward and figure out how much you'll deduct each time you skip exercise. Wanting to "save" your money can become a powerful incentive to keep working out.

**Learn from past experiences** - Think back on an exercise program or diet that didn't work. Was it too boring? Or were your expectations too high? Use this experience to design a new workout that better meets your needs and interests.

**Work out regularly** - If you're new to exercise!" try to work out on the same days at the same time. That will solidify your sense that it is a scheduled activity, not an option.

**Replace negative incentives with positive ones** - Fear and guilt, though catalysts for change are dismal motivators in the long run. Try focusing on how much healthier and happier you'll be in the long run. Remember, a consistent regular exercise program will make you feel good.

***A Parting Thought*** - *If you always do what you've always done, then you'll always be what you've always been.*

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**The Forum Private Fitness Club** is a results oriented gym with your own personal trainer, providing one-on-one guidance, diet and body composition analysis, individualized exercise programs, and comfort and privacy without noisy distractions, onlooker or waiting for equipment.

The Forum Private Fitness Club is located at:  
8737 La Tijera Blvd., Westchester, CA

For information and appointments, please call: 310.337.1810  
[www.forumprivatefitness.com](http://www.forumprivatefitness.com)