

# Commit to be fit

How are those resolutions going about now? You can make a renewed commitment to yourself and your health anytime. Here's advice from Life Time Fitness to move forward:

- **Create a vision statement.** Make your resolution a commitment and create a vision statement that projects clear personal investment and connects directly to your happiness and health. Once you've created your personal vision, you can identify what goals will get you there.
- **Don't assume you know how to exercise.** Many people who exercise think they know what to do when they walk into a gym, but it is common to use poor form, train at an inappropriate intensity, or choose the wrong exercises for your needs. A well-planned program using proper exercise technique will prove much more successful. Sit down with a well-qualified and certified personal trainer to talk about your exercise program to start on the right track.
- **Test your readiness.** Ask yourself how ready you are to make an actual change. If your vision is health-based and you've made the goal of working out every morning of the week, ask yourself (on a scale of 1 to 10 with 10 being absolutely positive) how likely you'll be able to commit and achieve that task and identify barriers that might get in the way. If your readiness is 7 or above, you're ready to embark on your vision. If it's below 7, change or revise your goal until you're confident enough to know you'll succeed. Small steps to succeed are better than big steps to fail.
- **Junk the junk.** Don't think you can stick to your diet while keeping junk food in the house. Make a commitment to get rid of all the foods that don't promote health. Instead, fill your kitchen with good choices.
- **Put it on the fridge.** Laminate it, frame it or post it on your mirror. The goal is to have your resolution statement somewhere where you will see it often as a reminder of what you are working toward. If you're a social person, share it.

