

FITNESS AND YOU

For results with any fitness program, you need to learn 2 simple things; dedication and persistence. You have to be dedicated, and follow your program on a regular basis if you really want to get results. The major problem with most fitness 'drop outs' is not getting the techniques right. They may have the desire to become healthier and more fit, but desire isn't enough to reach your fitness goals. As with anything new, it takes making the time, and working out on a regular basis. The following tips may help you to reach your goals with ease.

Determination: Start your program with a firm determination to see it through. Fitness begins and ends with the mind, if you can convince yourself you really want to do it, then you should be able to keep the spirit. Close your eyes, search deep within you, "is becoming more fit, active, and healthy, really important to me?" Give it a fair try, and stick to that determination. There are days when you feel low and won't want to workout, remember your initial determination, and you will always find the spirit to move ahead.

Be organized: Things go smoothly and are more interesting, when they are well organized. Try to make a regular schedule for your workouts, and stick to it. The mere fact that you will always look forward to your workout, will help to keep it in your consciousness. You will get the best results from your new fitness program, if you work out daily. No matter how busy you are, keep some time free during the day and reserve this time for working out.

Free your mind: When you decide to workout, remember that the next hour has been reserved for the development of your mind and body. It would not be worthwhile, if your body were doing the moves, and your mind was thinking about other things. Once you begin your daily fitness practice, all other worries and responsibilities should be tucked somewhere else until you are through.

Remember, choose an activity you enjoy and you're bound to stick with your program longer. If you're trying an activity you don't like- you're bound to give up on your goal.