

Fitness Resolutions – A New Mindset For A New Year!

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Happy New Year! You have made it through what for many was a very challenging year indeed. Undoubtedly this New Year will come with its own set of challenges as well, but in the end you will persevere once again because you my friend are indeed a Champion!

And now, onto the subject of those New Year's Fitness Resolutions..

Well it's that time of the year once again when we put ourselves to the test in planning out and sticking with those all too common New Year's Fitness Resolutions. In order to increase your chances at success, let's change up our mental approach and view a couple of those resolutions from a different perspective.

1. I will start to exercise - Let's counter this resolution with the mindset of "I won't stop exercising"! Once you finally begin exercising, continuously strive to make exercise a part of your lifestyle. Ultimately your exercise activity will become the accepted lifestyle norm and the inaction of not exercising will become physically and mentally unacceptable.

2. I will eat less food - Let's counter this resolution with the mindset of "I will eat healthier foods"! Let's take the focus off of the amount of food you eat and put greater focus on the quality of food you eat. Strive daily to eat foods that are low in fat and high in protein and eat more fruits and vegetables throughout the day.

Give this new mindset a chance to work and see what you can achieve. You have nothing to lose, except of course a few unwanted pounds.

Keep in mind that no matter what you resolve to do physically, the most important factor in the equation is your mindset. Free your mind and your body will follow..

I wish you the very best for the New Year!

Very Important: You should consult with your doctor or physician before starting any exercise or diet program.