



2018 is here and a new year has begun! Whether you are happy 2017 is over or had a great year, this time of year brings about change. A newness begins and motivation is usually high. I see this a lot with my job as a trainer. People have the best intentions and start off hot at the gym. They are determined to exercise more, eat better, and they are ready to start their new program. Everyone gets a FRESH start!

But then something happens. I don't see the same people at the gym in March as I do in January. Do they give up? Are they just too busy? Maybe they found another gym..... Majority of the time, they just stop coming. I always wonder why this happens.

My opinion is that while people have the best intentions and know exercise is good for them, they don't have a real game plan on what to do or how to achieve their goals. Newcomers are usually sore from coming into the gym in January five days a week and going all out. They didn't give their bodies the proper time to condition, so they take off a few days to rest. Then motivation starts to fade. Can this be prevented? The answer is yes! With a plan, things might be different.

What is your game plan in 2018? Do you have the big picture in mind?

- ) If you are planning on getting a new job, you would have some form of a plan in exiting your old one.
- ) If you are planning on buying a new car, you plan out a budget to see what you can or cannot afford to buy.
- ) If you are planning a wedding, you have to have the details planned out or someone is not going to be happy if you forget something.
- ) If you need to hit a sales number at work, you have some form of a plan of what and how much you need to sell to make your sales goal at work happen.

It's the same thing with exercise and health!

If you want to lose weight, HOW MUCH do you want to lose? Be specific! When do you want to start seeing results? End of the month? Right before your cruise you booked in March? Be specific! How much do you need to eat a day to see this weight loss? 3 moderate sized meals, or 5 smaller portioned meals? Be specific!

While this is just an example, I just helped you think about your game plan to lose weight. Your game plan is your map. Just like if I asked you to drive to Florida, you would use a map (probably Google maps) to help you get there. People come to me and want me to pick their goals for them. My job is to help you achieve your goals, not write them for you. That's on you.

Whether it is health, business or personal goals, start creating your game plan (map). Yes, your map might have some detours, but the idea is to get to the destination (goal). This also puts more meaning when you plan your map. I mean, it's YOUR map! This is the heart of what YOU want to see in 2018! Start planning and let me know if you need help!

Happy New Year!

*Rob*

*"A goal without a plan is just a wish." ~ Antoine de Saint-Exupéry*