

## Why most need an accountability partner?

When it comes to physical fitness, do you find it challenging to stay focused and/or motivated? Have you tried various programs but are unable to follow through? Luckily, there is a way to change all that through the process of accountability.

How does having an accountability partner prove to be beneficial in physical fitness? Deciding to have an accountability partner provides motivation and support. A supportive accountability partner provides encouragement when you are participating in physical fitness. For example, if you are walking or running and start to feel fatigued – playing a sport, or at the gym – your partner is there to offer encouragement and push you through to achieve your goals.

Accountability also offers enjoyment to your physical fitness ventures. Let's face it, physical fitness is meant to be enjoyable, and doing it with someone will undoubtedly add excitement. Collectively, you can come up with new and different exercises to change your fitness plan

Canceling on your own plans is easy, but canceling on your partner is not. Pick a time with your partner and stick with it. Accountability leads you to be loyal to your partner and your goal by following through on your word. Commitment also comes into play as you are choosing to be there for your partner.

An accountability partner can provide you with protection if you run into any trouble, including medically, physically, or environmentally. Whether you are hiking, jogging outside together, or working out in a gym, having a partner can offer protection and support in any unforeseen circumstance.

Now the question becomes, who do you choose? Ideally, someone with similar goals and schedules. This will make it easier to set a scheduled time to meet on a weekly basis.

Secondly, choose someone you trust. Having a person you trust is crucial as it allows you to open up and share difficulties you may be having.

Thirdly (and depending on your goals), you may also want to find someone who can give and take constructive criticism. The two of you should feel comfortable to speak the truth, even if it stings a little.

Now that you have an accountability partner, you want to lay out your fitness goals and what the expectations are. Your goals should be specific, attainable, and realistic. An example of a specific goal can be: "I would like to be physically active three times per week for thirty minutes." Ideally, you want to set small and attainable goals.

On a personal level, when I set out to lose weight, my accountability partner knew my goals and encouraged me to make lifestyle changes. I started running along with making better food choices. Slowly, but surely, I started to lose weight, and in about eight months, I lost forty pounds. From the beginning, I set a specific goal that was attainable and realistic.