

Mission, accountability and unshakable goals are keys to successful New Year's resolution.

by Robin Martinez

With the New Year ahead, many people will be making resolutions about diet and exercise. Most of these resolutions will fizzle, not because those making them didn't really want them to happen but because either their expectations are unrealistic (like believing that exercise is the best way to lose weight) or because they don't have a structure in place that will support them as they make these new ideas a permanent part of their daily life.



Why I workout...

1ex·er·cise noun 'ek-ser-siz

:physical activity that is done in order to become stronger and healthier

Obviously, I love exercise but if you're looking for it to be the answer to weight loss (like I once did) you'll find it comes up short. As you can see from the definition that I pulled from Merriam-Webster, they don't even mention anything about weight.

Granted, the dictionary mentions "healthier" and weight is a factor of health but so are many other things.

Exercise is a huge part of creating the body you want and it can help with weight loss, I'm just hoping to lower your expectations of exercise being the main factor in weight loss because it's

not. The news that nobody ever wants to hear is that the main factor in weight loss is what you eat.

Hopefully, I've established that in order for you to meet your goals you'll need a combination of diet and exercise. I've found that there are three things that make a world of difference when you're trying to make exercise a regular part of your week or are trying to make changes to your diet.

Ready? Here they are:

1. Know your mission.

Write a mini mission statement about why the new actions you plan to take are important to you. It's amazing what getting something down on paper will do for you. It's important to remember to keep things realistic so we don't set ourselves up to fail. (*I'll provide an example later in the article that we use here at Blackjack Fitness when we do a Clean Eating Challenge for new clients.)

2. Have an accountability buddy.

Having someone else who is invested in your success can make a world of difference in achieving your goals. They can help remind you when you forget why these new goals are important to you. Let's face it, we can't always tell ourselves what we need to hear. They say, "It's hard to see the picture when you're in the frame." Allow someone, whom you trust, to have access to your life in a way that they can help you on the days that you can't help yourself. Sometimes all we need is a little encouragement.

3. Don't allow your goals to be affected by how you "feel" on any given day.

Your mantra should be "There are two times to workout, when I feel like it and when I don't." Leaving a goal up to how you feel on a daily basis is a sure fire way to see it fizzle. There's nothing wrong with acknowledging to yourself that you do or do not "feel" like it but don't allow that to change your actions. Show up for your commitments to yourself anyway.

Below you'll find the example that I mentioned. Feel free to use our pledge to get you going. However, I strongly encourage you to write your own pledge or mini mission statement. After all, it's your health and your fitness, make it your mission!

The Blackjack Fitness 21 day Clean Eating Challenge Pledge:

For the next 21 days I will put my health and fitness as a first priority in my life. I will tell the people around me about my commitment so that I can have the best chance of receiving support. I realize that some parts of this will be relatively easy, some things will be inconvenient and that some parts will be quite hard. I know that just because I don't want to do something (like give up sweets) doesn't mean that I can't. It simply means that I will be uncomfortable at first when I do. I understand that discipline means choosing between what I want "now" and

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what I want “most” - for the next 21 days I choose what I want “most” and will support that choice with my actions.

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