

SAGE ADVICE

I was asked the other day how to get in shape in a couple of weeks. Is it possible? Can you make enough of an impact to see any results in just two weeks? Well, the answers are no and yes respectively. The first thing you have to ask yourself however is, what are my expectations and how committed am I willing to be?



Expectations

These are your goals or what you want to have happen. When you say you want to get in shape you really need to be specific. 'Getting in shape' looks different to everyone. To some, it means losing 10 lbs, to others it means feeling fitter and being able to do more physical activities with less effort. So, write down what your definition of getting in shape is. Make a list of three things that you want to see happen. For Example:

1. Lose weight
2. Have more energy
3. Toned upper body

Check List

The next step is to come up with an action that will tackle those three things on your list. For example:

1. Eat less
2. Start a walking program
3. Work out with resistance

Be Specific

It is good and well to have the action but now what are you going to do with it? This is where you need to get specific. Try and have a plan that will pack a punch but don't try and take down the whole bag in the first week. For example:

1. Reduce portion size of evening meal every night and late night snacks only two nights/week
2. Get up early 4 days next week, don the sneakers and walk 30 minutes before the day begins.
3. Drop in to two fitness classes for the next two weeks that emphasize strength exercises. Learn them well and then you have exercises you can do at home. Classes use very little, inexpensive equipment and if they are taught by an instructor who is also a personal trainer, you can seek their advice after class for doing those exercises at home.

Measure your progress

It is important that you are aware of your starting point. Then you will have something to measure your progress by. Pick up a journal to record what your eating, activity you have accomplished and successes you are seeing. But first write down where you are when you start. For example:

1. Weigh yourself, write it down and then continue to do so the same time every week.
2. Record the distance covered in that 30minute walk and how you felt when it was over. Try to walk fast enough that you have an exertion of about 6-7 out of ten.
3. Record the weight and/or number of repetitions you do in your first week of resistance training. In fact, you may want to have a trainer test your strength and endurance and then repeat the test in 3 months to measure your progress.

If you are doing the time here you will see some results in two weeks, at least enough to motivate you to continue on into the next two weeks, and so on and so on.

Commitment

You've heard it before, without it you are going nowhere. So decide how bad you want this and commit to get fit.

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