

Make specific goals, not strict resolutions

New Year's resolutions need to be made every day of the year. To improve yourself in any respect, you need to re-evaluate every morning.

Why doesn't the media report New Year's resolutions on April 19 - or Sept. 18 (my birthday), for that matter? As a performance trainer, I hear about many clients' attempts to work out more in the new year. Year after year, they fall short of improving physically after a few months. It seems that those who experience life-altering circumstances or events tend to live up to the real resolution: the New Life Resolution.

First we must discontinue the words "New Year's resolution" and use the term "New Life resolutions" or, better yet, personal goals. This is the philosophy I use to train regardless of the time of year. In fact, I was recently asked if I am flooded with new clients because of the New Year's resolution rush. The answer is "no," because I will not train you unless you have a goal. "Losing weight" or "getting into shape" are not goals. Tell me someone who doesn't want to lose weight or get in shape? I require a specific goal that will drive all facets of training for the entire body to do just about anything.

Mark Verstegen's *Core Performance* expresses the same idea: "The prob-

lem with many workout regimens is that people don't raise the bar high enough. Instead of setting specific goals, they come up with something ambiguous like 'losing a few pounds' or 'getting in better shape' or 'firming up my belly.' Don't get me wrong; those are worthy aspirations, and you'll achieve them through this plan. But I've found that if people don't set specific goals, they don't maximize their results. Once they lose a few pounds or get in (slightly) better shape or drop an inch or two from the midsection, it's easy to rationalize missing a workout. After all, they've already reached those modest goals." This is indicative of the drop-off in fitness gym participation by mid-February or early March.



Training to be balanced

Augie Hernandez

Change your attitude toward personal training goals. Begin by not making an endless list. Examples include "yoga and pilates twice a week, workout on my own once a week, ski on weekends and hike the pass early in the morning before work during the week and ski Snow King on my lunch breaks." Believe it or not, I speak with lots of people who have half of that desire and always fall short of success.

Be realistic and know your limits. There are two parts to this. First, feel like 21, but don't act like

21. Pace yourself when comparing your ability to others 20 or 30 years younger. I have a 54-year-old client who recently said, "I can always keep up with the 18-year-old, but never two days in a row." There is nothing wrong with feeling the energy this community presents to get outdoors and live free, but understand and know your limits for success and fun. In this town especially, it is easy to exceed your body's repair mechanisms. Change the attitude of competing with the 25-year-olds when you're 50. Compete with yourself. People remember the accident you had in the halfpipe or the time you got beat by that 19-year-old. I remember the 70-year-old who can still do behind-the-neck pull-ups, the 83-year-old who can do advanced handstand yoga poses and the 80-year-old who still skis today.

The second part is allowing enough time to train. The main failure in personal goals is the excuse, "I don't have enough time." Sorry, but I have little sympathy for those who do not explore the possibilities to find time. Entrepreneurs find time to be successful in business and financial wealth. One hundred day skiers find time to ski. Stay-at-home moms find time to spend with her children. We all find time to make it to the store before it closes. We find time to eat, sleep and work. People find time to socialize. It is an attitude one puts forth in finding time to work out.

Mark Verstegen states: "Everyone

struggles to find enough time to work out. But what if you had more defined goals to serve motivation, not just physical goals but performance goals? For instances, do you play golf? What if I told you that [apply a training goal] could add 20 yards to your drive? Do you participate in 5-k or 10-k races? What if you could shave minutes off our times? Take a moment right now and set five performance goals for yourself. Aim high and be as specific as possible. Studies show that people who put their goals in writing are far more likely to achieve them."

Always remember that something is better than nothing in exercise. This year make personal goals that are short and long term, small and large, and most importantly, make them every day. Adjust your attitude towards training. "I can run with my child for 20 minutes straight," for example, or "I can work out with high intensity for 20 minutes nonstop if that is all time I have." Find a workout partner or hire a personal trainer who fits your needs and holds you accountable.

If this helps, cut out this quote by Lee Holz and paste it on your fridge:

"Ability is what you're capable of doing. Motivation determines what you do. Attitude determines how well you do it."

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