

Happy New Year! It is ironic that my fitness column unties with the number one and two New Year's Resolution since the dawn of time - "lose weight" & "workout more". As a person in the fitness industry for the last 15 years, it is still amazing to me that many follow the mainstream of 'starting all over' at the beginning of the year to only fall short in February or March. I firmly believe a resolution should be made *every day, week or month* of the year. To improve oneself in any respect you need to re-evaluate every morning.

Performance goals are the philosophy we promote at T2BB regardless of the time of year. In fact, others ask if we are seeing an influx of new members working on their New Years Resolutions. Of course, but we provide current fitness philosophy of knowledge to work on "losing fat & gaining muscle" instead of "losing weight" or "getting into shape". We focus our attention on performance fitness goals. We require a specific goal that will drive all facets of training for the entire body to do just about anything and in the process you will "lose fat & gain muscle".

Mark Verstegen's, *Core Performance*, expresses the same idea: "The problem 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.

Change the attitude toward goals. Begin by not making an endless list of goals. 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." 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 is 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. A member once said to me, "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 your 50. Compete with yourself. People remember the accident you had off the tram or when you got beat by that 19-year-old hiking to the headwall. I like to remember the 70-year old who can still do behind the neck pull-ups, the 83-year old who can do advance handstand yoga poses and the 80-year old who still skies 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 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 workout.

Mark Verstegen's 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 fitness goal] could add 20 yards to your drive? Do you participate in 5-K or 10k 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, something is better than nothing in exercise. This year make specific fitness goals that are short and long term, small and large and most importantly, make them everyday. Adjust the attitude towards training like “I can run with my child for 20 minutes straight”, “I can workout with high intensity for 20 minutes non stop if that is all time I have”, find a workout partner or hire a fitness coach that that holds you accountable, like T2BB!

I leave you with a few of my favorite quotes that I read almost everyday – Enjoy 2014!

“If it is important to you, will find a way. If not your will find an excuse”. - Unknown

“Ability is what you’re capable of doing. Motivation determines what you do. Attitude determines how well you do it.” - Lee Holz