

## New Year - New You

By Debbie Wolff, NSCA-CPT, AFAA, CPTS, RYT

Every year we make the promise that the next year will be a new beginning. We will start a diet or exercise program, stop smoking, or even just be on time.

Let this New Year be the start of something new for each of us. A change in routine can be very beneficial, particularly in your fitness routine. Step outside “your box” and try something new.

If your exercise routine only consists of cardio training thinking that it is your best calorie burner and will keep your weight down (especially during the holidays), add some weight training to your routine 2 or 3 times per week and watch your body change!!

If weights are your workout routine, try adding cross training- run, bike, or swim. Find a spinning class to get your heart pumping and your legs moving, or maybe a kickboxing class will make you feel like Rocky... a winner!! To find local fitness centers go to [www.ihrsa.org](http://www.ihrsa.org) for guidance or simply Google fitness centers near you.

High Intensity Interval Training is quite popular these days... whether it is boot camp, 30 minute training, or even kettlebell training, and the goals are the same... intervals of extremely hard work effort for a short duration followed by pre-determined recovery bouts... get uncomfortable but know that the gains in strength and endurance are your benefits.

Adding a mind/body component to your daily or weekly routine can bring not only flexibility in your body, but your mind as well. Finding

some peace and tranquility need not be boring. There are many different styles of yoga and pilates classes to try. If you are looking for a more physical yoga practice, try a heated class, a vinyasa ,, or an ashtanga class. Try more than one style of yoga to see what fits your needs. Find out what millions have known – a balanced body and mind will help you in all aspects of your life. To find a class or school of yoga near you go to [www.yogaalliance.org](http://www.yogaalliance.org).

Pilates equipment is a wonderful balance to our more intense style workouts as well as a good mat class that incorporates all of the benefits of Joseph Pilates training methods.

If you work out on your own and are not getting the results you want, or you are not motivated to stay on track, seek the help of a qualified professional. Find a certified personal trainer through organizations such as [www.nasca-lift.org](http://www.nasca-lift.org) or [www.Acefitness.org](http://www.Acefitness.org) .

Many people enjoy group fitness classes for the camaraderie and perhaps they need just a little push to help them commit to a fitness routine.

Make the New Year a time for positive change that may affect your entire life. The time for change is here – make it a new year and a new you.

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