

My New Year's Resolutions

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

On January 2- I promise to... you can fill in the blanks with just about anything...from starting a diet to stop shopping to... you name it... but by the time this article is printed most of those New Years Resolutions have gone by the wayside... It's almost as predictable as weight gain during the Holiday season.

By now we have all been inundated with articles, newscasts, advertisements on how not to gain weight during the holidays. Now that the New Year has passed – we must look realistically at the probability that not all of us followed the sound advice of those articles. The average weight gain proven scientifically is 1 lb during the holiday season, with a much higher gain of about 5 lbs. for those who are already overweight. What can we do now that it's a New Year and we want to be healthy and fit for the coming year. "The best way to get back on track is to take action today and eat healthy, exercise and live better." According to Janet Brill, Ph.D., R.D., author of *Cholesterol Down*.

While attendance at gyms and diet centers such as Weight Watchers drop during the month of December, when the need is greatest, the surge in January sales go way up – people practically line up around the corner of the nearest gym to get on their new regime of exercise and fitness. The only problem is – that the staying power of that initial sign – up is very small. With larger gyms and fitness centers the average person will come for about 3 weeks religiously and then rarely if ever return- while continuing their electronic fund transfers month to month to month.

What can YOU do to stay with your new year's resolution of getting or staying fit?

- Seek the help of a certified personal trainer who can help guide you in your workouts –whether to lose weight, gain weight or maintain weight.
- Enroll in a gym membership or a fitness studio that has fun group fitness programs that will keep you motivated. Many people find that they are

more inclined to exercise in a group rather than trying to do it themselves. Some great programs being offered are Spinning, kettlebell circuits, trx suspended training, ballet barre-based workouts, yoga and pilates to name just a few

- Exercise with a friend or spouse – having to be responsible to someone else for your program is a big commitment – most people don't want to let down their training partner and will go out early to run if they know someone else is waiting for them.
- Check out some local running or cycling groups – living in South Florida we really don't have a season where we cannot be outdoors so why not take advantage of our weather and exercise outdoors.
- Take up swimming (see above)
- Get a dog – man's best friend is a great weight loss tool – people who are dog owners will maintain or lose weight by taking Fido for at least one 20 minute daily walk (needless to say more than one walk – the better)
- Find you local weight loss centers – Weight watchers is a national chain and easily accessible through

Stay fit and healthy in the coming year.

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