

# Active Image

Building the Foundation for a Healthier You!

## HAPPY NEW YEAR!!!!

The new year is a great time to reflect upon your health and fitness goals... a time to evaluate your current fitness regime and update routines that may have become "too comfortable". A great time to set goals! Fitness clubs see a boom in business every January, however by March many of these new members have lost motivation when they realize that reaching their goals is more difficult than the sales pitch promised a couple of months ago.

How many times have you promised yourself: "this year I'm going to lose that extra 10 pounds"? What motivates you? Goals that involve long-term health improvements rather than temporary fixes alone are more likely to have a lasting impact on your commitment. This is because once you reach your goal weight you may no longer be motivated to continue exercising.

Here are just some goals and long term health benefits to motivate you as you choose your health and fitness goals for 2002.

Get Active/Weight Loss

Decrease your risk of lifestyle diseases such as heart disease, cancer and diabetes, stronger heart, lungs joints and muscles, reduced blood pressure, reduced cholesterol, reduced body fat

Begin a Strength Training Program

Reshape your body, increase your metabolism, strengthen your bones, improve your posture, decrease your risk of osteoporosis, help manage your weight

Drink More Water Aid digestion, help manage your weight, endocrine gland function improves,

Fluid retention is alleviated as stored water is lost, more fat is used as fuel because the liver is free to metabolize stored fat.

Write out your vision of how you want to be 10, 20, 30 years from now! Then start planning how you will get there over time. Remember to use the SMART PRINCIPLE when setting your exercise goals- your goals should be Specific, Measurable, Attainable, Realistic and, Time(give yourself a goal date- short term and long term).

### HAPPY GOAL SETTING!!!!

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For a more detailed program or other questions, please email me at [cathy.morenzie@sympatico.ca](mailto:cathy.morenzie@sympatico.ca) or call (416)410-8517. Remember, to always consult with your doctor before beginning any exercise program