

New Year New You... Creating Healthy Habits

“New Year New You”, the most cliché phrase said every new year by every fitness professional all over the world. I, myself, am guilty of using this phrase. To the point that it has been over used and has lost its meaning.

People use the new year as a reason to start all these new things in their life, all at once, to make their life better, healthier, more organised, what ever it may be. But why do new years resolutions often fail? There may be several reasons, but a big one I often see is that people do things to the extreme.

Rather than taking small steps to reach their goals, they try to do everything they possibly can to reach that goal in the first month. Ever been to a spin class in January? You must arrive 10 minutes early just to get yourself a bike. Go to the same spin class at the end of Feb, take your pick, front row, back row, in the corner, there are heaps of bikes to choose from. Because people go too hard too fast.

This year, “new year new you” is going to be about creating lifestyle changes that will be sustainable long term. If you have not had a regular exercise routine for 5 years, start with 2 or 3 days a week, not 6 days. Got a sweet tooth and often treat yourself to a couple of biscuits a day. Don't go cold turkey, try having just 1 a day or 1 every second day, until you find yourself more in control.

When it comes to your health and fitness, you want to find something that you enjoy, something that can become part of your daily routine, that you can stick to, even when you have started to lose that new years resolution motivation. These are the things that will get you real results that are maintainable. Strive to create healthy habits, rather than trying to break bad ones. They will often cancel each other out and you wont constantly feel like you are being restricted or controlled by rules. And remember that reaching any goal takes time. Be patient, stay consistent and never give up! (and if you do fall off the wagon, don't wait until next year to start again... Like Aaliyah said in the year 2000 “If at first you don't succeed... dust yourself and try again”)

