

New Years Resolutions - Your Fitness Goals

By Robin Resnick, Certified Personal Trainer

It is that time of year again – holiday season. We are all spending more time at parties and other gatherings, eating more than we usually do. And as we move closer to the end of 2003, we will again make our New Years resolutions. “I will exercise more,” “I will join a gym”, or “I will buy that new exercise video”. If you are nodding to yourself, e.g. “been there, did that, didn’t get anywhere”, then let me tell you how you can achieve your fitness goals.

Instead of spending your money on a gym membership that you will rarely use, or on a video that will remain in its plastic wrapping, you should think about spending your money where the probability is that you will get results. A certified personal trainer will get you results. As a personal trainer, I have worked with clients who are motivated to exercise, but more often than not, when left on their own, they don’t. However, when they know that I will be showing up for a training session, and checking up on what they have done during the week, they tend to stick to their fitness routine.

I work with my clients closely to ensure that they are working toward their fitness goals. By listening to what my clients like and what they need to improve their fitness levels, I help keep them accountable. By periodically changing exercises, their muscles are constantly challenged, and they don’t get bored.

If you are tired of throwing away your money on fitness solutions that you don’t follow through with or on fitness gimmicks that don’t work, then it is time for you to get some results. I want to help you improve your quality of life with fitness. So, if you want to attain your fitness goals, call Elite Personal Fitness. If you mention that you read this article in the Boston Women’s Journal, then I will let you in on a special introductory personal training offer. You can get started on your fitness routine with one month of in-home personal training. This is four personal training sessions including a fitness evaluation and a customized exercise program. If you are searching for the perfect gift for your friends or loved ones, what could be better than giving the gift of fitness. They too can begin to improve their quality of life with fitness!