

Without a Trace

Darrell W. Butler
Parisi Sports Performance Coach; ACE, NFPT CPT



What happened to that New Year resolution you made just a few months back? How is that going? Are you getting the results that you want? If not, here are several ways to get yourself refocused and back in the game!

Clearly define your short and long term goals – Before you can take things to the next level at the gym, you'll need to figure out why you're even going in the first place. Many will say that they just want to "get healthy" or "get fit" but those answers are too general and won't be enough to provide you with that extra push you're going to need to drag yourself to the gym after a long day at work.

Instead, you'll want to get more specific. Define "healthy," what does that mean to you? Does that mean that you can do a certain number of push-ups or run 5 miles? If so, when would you like to accomplish this task by? And why is that important to you?

Of course you'll want to make sure that the goals are realistic. For example if you'd like to drop 6 clothing sizes by the end of the week, that's not going to happen and you're only setting yourself up for disappointment. So give yourself an adequate amount of time to achieve your long term goals and create short term check points to keep yourself focused and on track throughout the entire process.

Take Measurements – Before you can start working on your goal, you'll need to know your starting point. Consider this as the "you are here" moment that will help you plot the path you'll need to take to cross the finish line. If your goal is to do 50 push ups in a minute before the summer, how many can you do now? If your goal is to run 5 miles straight, how long can you currently run without stopping?

You'll also want to take your body measurements, body fat percentage, weight, blood pressure and resting heart rate. The more that you can track, the better off you'll be; so take advantage of all that your gym or health center has to offer. This will allow you to take a holistic approach toward your current goal and create new ones for the future.

Schedule Your Workout Time – The biggest excuse for missing the gym is that "there isn't enough time in the day to workout." In many cases however, the reason there isn't any time is because you haven't made time! Look at your calendar, you probably have meetings, lunches and parties blocked off so why not your gym time? Isn't it just as important?

Sure, I realize that sit-ups and crunches won't pay the rent (although that would sure save me a LOT of money each month...) so there will be times when work has to take precedence over working out. My challenge to you however is to analyze your day and see if you can't find at least 15 minutes that you were doing absolutely nothing. Some examples would be while you're watching your favorite tv

show, gossiping at the office or the extra 10 minutes that you stood in the shower staring at the tiles.

Most likely there is time so put it to use! Jog in place during those commercials, walk up and down the stairs instead of hanging out by the water cooler or do something to actually justify that long shower first. Even if it's only 5 minutes, something is always better than nothing so when you can't get to the gym, cheat fitness into your routine and keep chipping away at your goal until you make it happen!

Stop sabotaging your progress with poor nutrition – How many times do you plan to work out each week? Now think about how many times you'll eat or drink something in a given week? On average at least 3 times more right? So which do you think influences your body composition more – nutrition or exercise?

With that said, your best approach is to write down everything that you consume for at least two or three days.

Sure, food journals can be a pain but seeing everything in written form will allow you (or a trained professional) to play "Food CSI" and figure out what areas of your daily routine may need to be tweaked. For example, are you eating enough fruits and vegetables? Are you having a balanced breakfast or having a high quality protein ideally in the form of a liquid within 30 minutes of working out?

As tempting as it may be to skip writing at times, you'll need to do so after every meal because most people seem to have "food amnesia" and forget what they consumed shortly after eating it. One minute the tin of cookies is full and the next minute the tin is completely empty but you don't remember eating them all!

Quick, what did you have for dinner last Tuesday? See, I told you...so just write it down, it's only two or three days, however those who continue to track their nutrition even beyond these initial days tend to see greater results so that may be something you'll seriously want to consider.

Nothing is more frustrating than spinning your wheels and not getting anywhere so incorporate these tips and your fitness goals will be back on track in no time!



Darrell W. Butler has trained, managed and consulted for fitness centers and media outlets around the world. When he's not training a client or sharing his words of wisdom, you can catch him drinking a PFC Berries A'More Recovery Shake at his local gym's juice bar! For more information visit the Darrell Butler Personal Training website at www.dbptonline.com

PFC

PERFORMANCE FOOD CENTERS WHOLE FOODS ENGINEERED BY NATURE