

# Resolution Revolution!

## 3 Simple Fitness Goals That You Can Stick To In 2011!

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### The Problem

The unfortunate problem with most fitness related New Year resolutions is that they tend to be unrealistic. That's not to say that they're impossible; but they're typically goals that would take a very long time to achieve. And when people don't see results right away, they tend to give up and fall back into bad habits. This is the reason that hoards of people rush into fitness centers around the world each January, only to disappear before the end of the month.

Instead of merely focusing on lofty long term goals this year; here are 3 simple fitness goals that will provide immediate benefits and will set you along the path towards a healthy and successful 2011.

### Get a Physical & Fitness Assessment

Generally speaking, the frequency of your physical exam depends upon your age and medical history. Most doctors recommend yearly physical exams for those over the age of 40 and every two or three years for everyone else.

Recent studies have actually proven the annual physical to be somewhat unnecessary in generally healthy people. These medical researchers have stated that exercising, maintaining a healthy body weight, and not smoking are enough to keep most of us in good health.

The counterpart to this argument is that many of us don't know if we are truly at a healthy body weight or if we are exercising enough to begin with! Most medical researchers also still applaud the usage of a physical exam for prevention and determining risk factors as our bodies begin to age.

The fitness assessments offered by most gyms provide similar benefits as they help determine flexibility, strength, body composition and cardio/muscular endurance levels. Many fitness centers even take things a step further by offering balance and postural assessments in addition to muscular imbalance and gait assessments. These are all useful tools that will help prevent injuries and determine areas that need improvement.

With that said, this is arguably the most important resolution that you can make since it sets the stage for every other goal that's likely to appear on your list. Knowing where you're starting from will make it a whole lot easier to reach your final destination so try and get this one taken care of as early as possible.

### Start Stretching After a Workout

Remember grade school gym class when we stretched for a few minutes at the beginning and then ran around like maniacs until the bell rang and we rushed off to our next subject? Well many of us have never broken these habits as adults, but we need to.

Leaving the gym without stretching could lead to muscle cramping, increased soreness and at a heightened risk for injuries.

Instead of simply stretching at the very beginning of your routine, warm your muscles up through activity such as walking, riding a bike or any other simple motions that will elevate your muscle temperature and blood flow. After a few minutes, you'll be ready to work out, however before you head home; your last step should be to relax those tense muscles by stretching.

Hold each stretch for 10-30 seconds. You can also massage the areas that are particularly sore or head to the sauna for additional relief.

Your post-workout routine is just as important as your warm-up so start finding time to stretch in 2011!

### Stop Wasting Your Workouts with Poor Nutrition

If your goal is to look like an athlete, you're can't simply train like an athlete, you have to eat like one too!

Nutrition is arguably 80% of the fitness equation whether you're looking to gain or lose weight and it's not simply a matter of which foods you select; it's also a matter of timing and frequency of those meals.

Educate yourself on the basics of nutrition. Learn how the foods that you eat affect your body and resolve to rid yourself of bad habits that might be inhibiting your progress.

For example, the old days of "3-square meals" went out with Z.Cavaricci pants (please tell me none of you are still wearing those!). Instead, aim to have 5-6 meals with an emphasis on breakfast and even more importantly, on your post workout meal.

A high quality protein shake within 30 minutes of working out, followed by a balanced meal containing whole foods within 90 minutes is ideal for optimum recovery. Familiarize yourself with the complete line of PFC recovery shakes and make sure to incorporate them into your daily routine if you are truly serious about reaching your goals this year.

### Have a Safe and Happy New Year!



*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](http://www.dbptonline.com)*

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