

It's that time again; a new year is here, and for many people, it's time for another resolution. The New Year is often seen as an opportunity to wipe the slate clean, start fresh or just begin making those changes we want or know we need to make. One of the most common resolutions is to start exercising or to become more consistent with it. Many people are able to get started, but often struggle with consistency. And by the time March rolls around, their resolution is a distant memory. To make 2010 different, try incorporating the following recommendations as you commit to making exercise a habit.

Start slow. While your ultimate goal might be to exercise 30 minutes each day, it's not always a good idea to begin with that. Aim for 10 to 15 minutes a few days a week to start and then slowly increase from there. This allows your body to gradually become accustomed to the new activity and prevent excessive soreness that can make you not want to exercise. Starting slow also allows you to see how exercise fits into your current lifestyle and schedule without feeling like your new, healthy commitment is taking over your life.

Include a friend. Working out with a friend is a great way to make exercise more fun as you create a long-term habit. You and your workout partner can also support, encourage, motivate and hold each other accountable.

Mix it up. Don't be afraid to try new things. It's not uncommon to get bored doing the same thing every time. Don't get stuck in a rut at home or at the gym, try a new exercise class, walk a different route, ride a bike, swim, lift weights, dance - the possibilities are limitless.

Put it on paper. Keeping an exercise log can be motivating. It's a great way to view your progress, look back at your accomplishments and see the benefits you're getting from regular exercise.

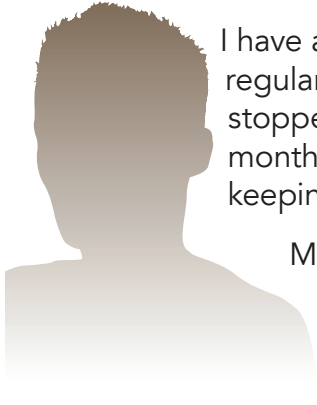
Reward Yourself. Exercise is not punishment. On the contrary, by exercising regularly you are doing something very good for your body and your physical and mental health. Take time to relax after exercising and reflect on what you've accomplished. Set goals and build in a healthy reward once you reach them – get a massage, go to a movie, take time to yourself or read a book.

If exercise is a part of your New Year's resolution, congratulations! Your health will thank you. Contact your Health Coach for one-on-one support and additional information to make 2010 a more active and healthy year.



Success Stories

"I followed the advice of my Gordian Coach who suggested I start keeping an exercise journal."



I have always had a little trouble sticking to any exercise routine. I would work out regularly for a few months, and then something would happen to throw me off. Once I stopped, it would always take me a little while to get back to it. That all changed a few months ago when I followed the advice of my Gordian Coach who suggested I start keeping an exercise journal. I had no clue this would make such a big difference for me.

My wife and I walk four to six times a week at a local park, and in the past two months I have walked over 100 miles and dropped 17 pounds! When the weather is bad, I walk on my treadmill. I love keeping track of what I am doing and my progress. There is just something about seeing the number of miles I walk grow and seeing my weight drop that keeps me going. And I know that nothing is going to get in my way. Thank you so much!

John H.

Coach Highlight

Health coaching for the past five years has been an exciting and very rewarding experience for me. My focus is on enhancing the individual's quality of life. I enjoy the one-on-one interaction with individuals and helping them with guidance, motivation and setting achievable goals. While some participants work toward general wellness, others focus on more specific health-related issues. Having been a practicing RN for over 30 years, coaching allows me the opportunity to use my expertise to provide others with tools that they can utilize to improve their overall health.

Pat

