

New Year, New Start

Setting your goals for 2011



Goal Setting

At the start of every year, people are often motivated to make the life changes necessary to get healthy, get fit or get in shape. Setting realistic and measurable goals is a tried and tested method of maintaining motivation and making healthy habits a reality.

Choosing the Right Goal – Identifying reasons and level of difficulty

First you need to find out what your goals are – such as “to lose 15 pounds.” Then go to the next step, identifying the benefits of reaching the goal: “to lose 15 pounds... so that I will look good in my swim suit,” etc. It is vital that you are honest with yourself. Goals that are too easy do not stimulate effort and often fail. But goals that are too difficult also do not stimulate effort when the goal-setter does not believe the goal is achievable.

Be specific

Good goals are specific, quantifiable and tied to a specific date such as a goal “to run 5K in 30 minutes, by August 15.” Not all health goals are so neatly quantifiable, but fortunately, most fitness goals are.

Make the goal official by writing it down

A goal is more than a statement of intent, it is a commitment made to yourself.

Create a plan and follow it through

The next step is to gain some professional advice to help construct a plan to achieve your stated goals. It is also important to identify any obstacles that may get in the way of reaching your goal so that your plan will cover all the bases.

Having a workout partner or trainer or support from your family may help with the follow through and help to establish a habit.



Remain flexible

Because life is unpredictable, the final step to effective goal-setting is to constantly re-evaluate the situation and remain flexible. Remember, a motivating goal is one that is difficult but believable.

If a goal ceases to become believable, then by all means, adjust the goal. This is not failure, this is how effective people continue being effective

Recognise partial success

Any progress is progress. Incremental gains will continue as long as good habits are built upon a solid and flexible plan to accomplish the right goal, for the right reasons. Reward yourself for achieving milestones on the way to reaching your goal.

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Using the FITT principles

Turn over a
new leaf,
a fresh start
for 2011.

Using the FITT principles

By following the guidelines, each exercise programme can be tailored to suit an individual's needs.

F = Frequency

How often you should exercise

It is recommended that 3 to 5 days of aerobic exercise per week is optimal. Following any form of fitness training, the body goes through a process of repair and rebuild to replenish energy reserves consumed by exercise. The frequency of exercise is about getting the right balance between placing just enough stress for the body to adapt and to allow enough time for healing and adaptation to occur.

People will also benefit from performing activities using the major muscles of the body that improve or maintain strength and endurance twice a week.

I = Intensity

How hard you should exercise

At least 50% to 60% of maximal heart rate (maximal heart rate = $220 - \text{age}$) sustained is needed to provide both health benefits and aerobic adaptations such as improved cardiovascular fitness. Exercise at either a moderate or a high intensity depending on the duration. When exercising at a moderate intensity the duration will need to be increased and when exercising at a high intensity the duration should be reduced.

Beginners should keep their heart rate at between 50% and 70% (moderate intensity) and experienced exercisers at 70% to 85% or above (high intensity).

Resistance exercise intensity should focus on between 65% and 85% of 1 repetition max.

T = Type

The kind of exercise you should do

The choice of exercise should be enjoyable. Aerobic exercise to improve aerobic capacity and improve heart health should be continuous in nature and should utilise the large muscle groups i.e. legs. By utilising the large muscle groups there is increased amount of oxygen utilisation in the muscles. Examples are: Walking, running, jogging, swimming, cycling, dancing, aerobics classes, circuit training, rowing and hiking.

Resistance exercise to stress the neuromuscular system can be weight, resistance machines, Thera bands or body weight exercises.

T = Time

How long you should exercise for

At least 20 to 30 minutes per session is enough to improve cardiovascular conditioning and reduce risk factors associated with cardiovascular disease. When exercising at a moderate intensity, five times per week, 30 minutes minimum is recommended for each session of aerobic exercise. When exercising at a high intensity for 5 times per week, 20 minutes minimum is recommended for each session.

For general health 30 minutes or more on at least 5 days each week.

For weight loss you may need 45 to 60 minutes of moderate activity every day unless you also make changes to your diet.

It may be necessary to build up to 60 -90 minutes each day for people who were obese to help prevent regaining any weight which was lost.

To make sure you have the ideal F.I.T.T. balance to your exercise routine speak to a member of the fitness team.