

Advertorial

# Another New Year Resolution?

## This time be serious - Make it a New You Revolution!

**I**ncourage you to complete the following exercises.  
**What is your new year resolution?**

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**Any of these, apply to you ?**

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.....

**Weight loss, stop smoking, improve nutrition, or commit to an exercise programme?**

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Many people try to start on their own. Although well intended, it normally does not last on the long term.

Normally, either due to boredom, not knowing what to do or lack of motivation.

Motivation is normally described as motive for action.

**What is your purpose/motive for action?**

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If you are reading this ;

**Is it that you have decided that you need to change your current approach in order to improve?**

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If so, as your personal trainer, I'll be able to help you and guide you towards improving your health and fitness.

### 1- CHALLENGE YOURSELF

Set yourself specific goals.

**Lose weight?**

**How much weight?**

**By when?**

**Run a marathon?**

**Which one?**

**When?**

**Learn to swim?**

**Which swim strokes?**

**How many laps do you**

**want to be able to**

**swim continuously?**

If none of the above apply to you.

**Which are your challenges?**

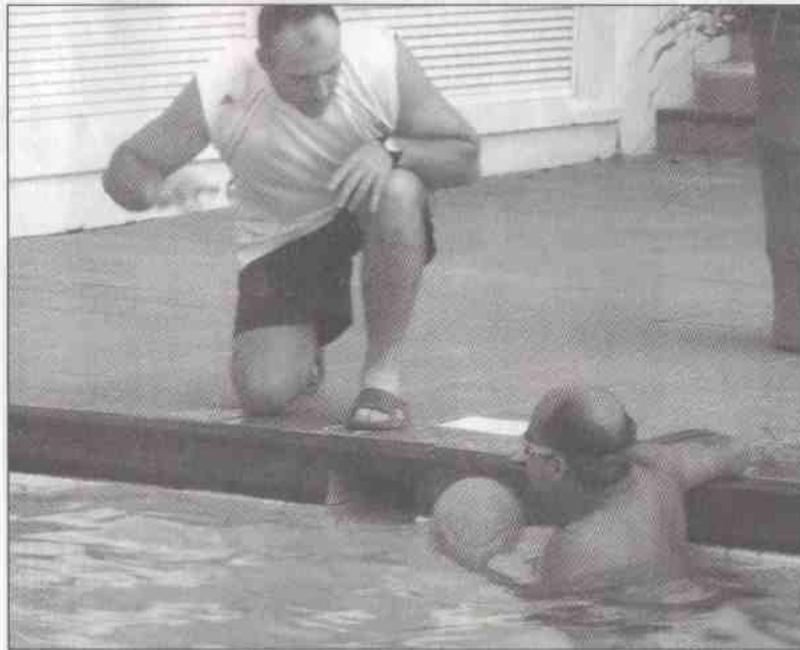
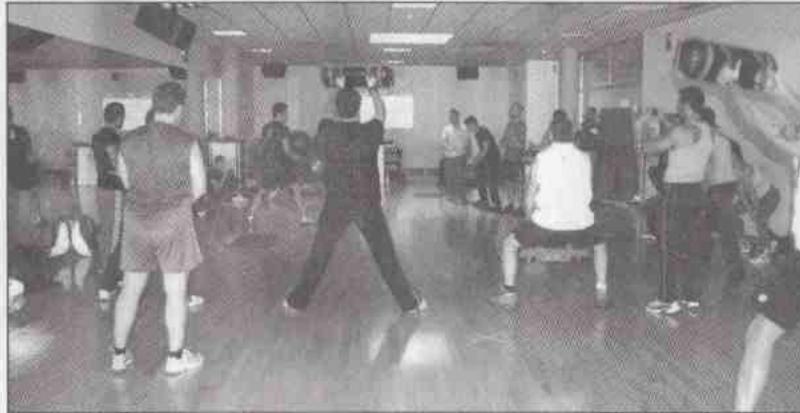
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**What are your targets ?**

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.....  
You also need to set realistic goals.

If at the moment, you are a non-swimmer, do not expect to swim 1 mile by next week.

You might be able to complete that distance a few months later.

If at the moment, you are sedentary, do not start training hard everyday. Build up progressively, both in the



intensity of your training and in how often you train.

### 2-COMMIT YOURSELF

In order to succeed, you need to be consistent and persistent with your fitness commitment.

Behaviour change experts inform us that it normally takes 21-28 days to develop and establish a positive routine.

You must allow steady physical activity to become a normal part of your daily life. To begin with, leave your car parked, walk more and walk up flights of stairs instead of using lifts.

### 3- ENJOY RESULTS

Ultimately, the whole point of challenging and committing yourself to training, is to enjoy the results of your hard effort. The feel good factor and sense of achievement obtained is well worth your effort. Enjoy a healthy 2012 full of success and prosperity.

If you are really serious about achieving these improvements in 2012.

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