

Advertorial

Another New Year Resolution?

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

I encourage you to complete the following exercises.

What is your new year resolution?

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 you challenges?

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....



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.

Contact us at:

Email : joncruz@gibpt.com

Telephone : 58008750 / 0034

600222295

Website : www.gibpt.com

What is your purpose/motive for action?

.....

.....

.....

.....

.....

.....

.....

If you are reading this ;

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

.....

.....

.....

.....

.....

.....

.....

.....

.....

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

.....

.....

.....

.....

.....

.....