

## Happy New Year, Happy New You

### January 2009 Newsletter



If you ask around at the beginning of the year about New Year's resolutions, you will hear the same answer approximately 80% percent of the time. "I want to be in better shape!" Although, this answer sounds fairly self explanatory it means very different things to different people. Maybe they are looking to lose weight, tone up, add bulk, get in better cardio shape, or just use working out as a stress reliever.

People see the New Year as a starting point to working out and as a fresh start. Unfortunately, their fresh start is quickly derailed by the same habits that got them away from working out in the past. Here are ten ways to help you stay motivated in your quest to get "back in shape".

1. Make sure to take specific measurements of your baseline. Just as each person might have a different idea of what they are hoping to attain; your baselines will be different also. If you want to lose weight, measure your waist, legs, and thighs. Try on your favorite jeans and see how they fit. Don't go off of the scale alone. Muscle weighs more than fat and the number on the scale can be very deceiving. If it is to be more cardio fit, see how long you can run on the treadmill before you begin to get winded. Write that time down. Keep a journal of your workouts. You may find that your length of time increases, the amount of weight or repetitions increase, and your stress decreases.
2. Most people have an ideal body they would like to have. Whether that person is a celebrity in a magazine or a friend, have a picture of the specific body parts that you admire and strive to have. Take a picture of yourself and put it next to the one you want to look like. As time goes by, use these visual aids to help you see that you are attaining your goal on a slow steady basis.
3. Have a good support system. All of us are going to be tired, sore, and just not feeling like getting out of bed to go to the gym. Have a friend that is your work out partner. They will motivate you to be able to get to the gym, or wherever else you are exercising. Getting there is 90% of the battle. Once you are there you will get in to the swing of things and feel better about yourself than if you stayed at home. Remember some is always better than none.
4. Read success story articles. Many work-out magazines have stories of people who have had life changing successes. Make sure to pay close attention to these. After



- reading about their great achievements and how far they have come, it is easy to see if they can do it, you can do it!
5. Keep your workout fun. Monotony will drive most workouts down. There are many ways to work the same muscle groups and get a great cardio workout. Don't get stuck in a rut. Keeping a more diverse workout regimen not only is better for your frame of mind, it is better for your body. The muscles aren't in a memory phase and have to work harder to do the same exercise.
  6. Don't be intimidated to ask a lot of questions. If you are new to a gym or a machine and you don't know how things work, just ask. Everybody likes to feel important. Most people will see your question as a chance to feel like they are an expert. It makes them feel good to be able to explain something and you get a chance to gain some knowledge. Just make sure to take a little time for someone else when they ask you a question.
  7. Reward yourself. As you go through the process of getting in shape, clothes will fit differently. Buy new ones to further give yourself a positive outlook on your hard work. Whether it's a new skirt to show off your more toned legs, a pair of jeans in a smaller size or a shirt that shows your more-defined arms, feel proud of your accomplishments.
  8. Listen to what others say. Since we see ourselves in the mirror each day we don't pick up on the changes as much as others do. Be open to compliments! When someone tells you that you look great or says that they can tell you are working hard, say "thank you"! We are often harder on ourselves than others and they see the changes more than we do.
  9. Make sure to set goals that are attainable but push you to work hard. These goals should be short and long term. If you make them realistic you will not only achieve your goals but then be able to set new ones giving you a feeling of empowerment and a reason to keep going. Sometimes it can be as easy as just saying "I am going to go work out three days a week, for a month."
  10. Don't be super rigid and strict. Things come up in schedules and with diets. Think in moderation. Just because you miss a day of a workout or have a dessert don't let it through you off your regimen. Just pick up where you were the next day and keep going. Don't beat yourself up about it. See the big picture and the great success you are having.



In any work out plan you are going to have sore muscles, but this is always the most true when you are just beginning. Chiropractic and the physiotherapies my office provides can drastically help to alleviate sore muscles and make sure that your spine and biomechanics are proper for optimal strides for your hard work. If I can be of any assistance in helping you and your body to feel and look better during this new year, please call my office at 888-DOCP!

Sincerely yours in health,

Todd Pierson, D.C.