

Revisit Your New Year's Resolution: Fitness Tips to Keep You on the Right Track

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***Health &
Wellness
Seminar Series***

Benefits of Working Out

- ▣ Stress Relief
- ▣ Increased Energy
- ▣ Better Sleep
- ▣ Mood benefits / self-esteem / self confidence
- ▣ Better Grades

Goal Setting

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Goal setting

- ▣ Specific – clear and easy to understand
- ▣ M
- ▣ A
- ▣ R
- ▣ T

Goal setting

- ▣ Specific – clear and easy to understand
- ▣ Measurable – need to be quantifiable
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- ▣ Attainable – be realistic
- ▣ Relevant – Goals need to be important to you
- ▣ T

Goal setting

- ▣ **S**pecific – clear and easy to understand
- ▣ **M**easurable – need to be quantifiable
- ▣ **A**ttainable – be realistic
- ▣ **R**elevant – Goals need to be important to you
- ▣ **T**ime-bound – goals need a deadline

Strategies and Pitfalls

- ▣ Make a plan – have a strategy for how you can complete your goals

Strategies and Pitfalls

- ▣ Break it down into bite sized pieces – It is OK to have big goals, but break them down into manageable objectives.

Strategies and Pitfalls

- ▣ Go Public – Let people know your intentions. Hold yourself accountable.

Strategies and Pitfalls

- ▣ Make it visible – Out of sight, out of mind.
Post your goals where you can see them often.

Strategies and Pitfalls

- ▣ Re-evaluate often – It is OK to tweak your goals regularly.

Strategies and Pitfalls

- ▣ Prioritize – Be selfish, schedule yourself in!

Strategies and Pitfalls

- ▣ Avoid social comparisons – Focus on self progress.

Strategies and Pitfalls

- ▣ Enjoy the Process – Choose goals you will enjoy working towards.

Strategies and Pitfalls

- ▣ Learn from your mistakes – It is Ok to fall short of your goals, learn from the experience and try again!

Strategies and Pitfalls

- ▣ Stay away from negative goals – Choose goals that are positive, it will make a difference!!