

## **New Year, New You**

As the new year becomes less new, some of us begin to ponder on how to put forth our resolutions. In a society that profits off of perfection, it can become intimidating to start or find a way to reach a fitness or health goal. If this is something that you personally feel, you are not alone. According to [fitrated.com](http://fitrated.com), more than half of men and women avoid the gym because of certain fears or anxieties they feel with beginning a new routine. As a new mom, I haven't stepped foot in a gym in over three years. As I joined my local gym, I felt steadfast and eager to begin, but also anxious because I was unsure how to begin and where to start.

Day one, I felt nervous walking through the doors amongst my new gym peers, but what I didn't realize is that everyone in there also has their different anxieties and revelations they are trying to overcome. Even the individuals who are deadlifting double or triple their weight feel insecure and haven't yet reached their internal fitness potential. We are all here for our own personal goals whichever they may be. Walk in, take a deep breath and remember your goals. The hardest part is starting, but once you make it a part of your routine it will become a habit. Don't be afraid of the journey because you are embarking on new habits and a healthier lifestyle.

### **Here are some tips to motivate yourself to exercise:**

1. Get dressed. Put on athletic wear and start stretching. Whether you plan on exercising in an hour or later, it will help you to feel like you are on your way to the gym.

If you are planning on exercising after work, pack a gym bag and bring a snack or pre-workout to keep your metabolism going and keep you motivated.

2. Make a music playlist to listen to while you exercise that is as long as your desired workout. It will be exciting to listen to your favorite songs and it helps to keep you on track with how long you plan to exercise for.
3. Start your day with a healthy breakfast that will keep you energized longer. Skipping out on breakfast makes it harder to maintain energy throughout the day and it's important to begin your day with a strong/recommended breakfast that will keep you up and moving and assist in preventing the afternoon slump.
4. Write it down in a planner, or start tracking your fitness goals and exercise routines. This will help to motivate your mind and increase your exercise intensity as you go.

**Don't forget to consult your Doctor or Physician on beginning a new workout/diet plan. They will provide you with your resting heart rate, and other factors that will help you achieve your maximum heart rate needed to break a sweat, and certain**

**routines personalized for you to follow. Dr. George Petruska can provide you proper health and nutrition tips for a safe and effective exercise and diet plan.**