

Tips on how to make your fitness resolutions a reality

For many Canadians, New Year is the time to improve their lifestyle, increase overall health and get back into shape. Although regular exercise is proven to bring health benefits and make anyone look and feel better, committing to new fitness goals and rushing into a new routine often result in unnecessary pains and strains.

According to an Angus Reid survey, two-thirds of Canadians resolved to become more fit in 2009. At the same time, 56 per cent of the new fitness fanatics had to stop their exercise programs to deal with injuries resulting from physical activities.

No matter what your fitness resolutions are for 2010, follow these helpful tips to stick to your action plan and make it a reality:

- Set achievable goals— setting unrealistic goals that can hardly be supported by your current abilities may result in yet another discouragement. Walking 15 minutes every day is much easier to accomplish than running a marathon if you have not exercised for years.

- Look back and plan ahead— think of your past experiences and draw from them. Preparation is a key to success: taking the time to plan your

new fitness regimen will help avoid exercise-related injuries and prevent facing the same old culprits.

- Manage your aches— be prepared to tackle muscle pain and soreness. Prevent them from becoming roadblocks on your way to success by having a topical pain reliever on-hand, such as Motrin Active fast-acting rubs and patches. They target muscle pain and help restore muscles and relieve joint stiffness.

- Find a support group— to get the support you need, reach out to your family and friends and let them know about your lifestyle changes. Another good idea to stay focused and committed to your fitness resolutions is to find a work-out buddy with similar objectives.

- Visualize your success— think like an athlete: visualize your desired fitness accomplishments and focus on that picture. Imagine what it would be like to achieve your goals.

More information and articles about healthy living and incorporating fitness into your routine can be found online at www.livingwell.ca.

—www.newscanada.com

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