

Fitness plan can have 'new life'

Has the novelty of your new exercise program worn off? Are your trips to the gym becoming few and far between? It's time to inject new life into your fitness plan, says expert Judi Sheppard Missett, founder of Jazzercise. "By now, the excitement and determination associated with New Year's resolutions has waned, or totally disappeared," Missett explains. "This is a critical 'make it or break it' period. Over the years, I've found that adding variety to your program

and setting some specific goals helps tremendously. Was your New Year's resolution to 'get in shape?' Missett suggests more specific goals: Challenge yourself to attend three exercise classes a week for five weeks in a row, or select an upcoming road race and train to run it. Adapt these ideas to whatever exercise activities you're currently doing. Motivation is hard to maintain, but not impossible. Local Jazzercise instructor Kathie Lobraico

adds these tips: •Reward yourself along the way. Set mini-goals on your way to your main goal. When you reach them, treat yourself to a movie, or a new leotard; anything that won't counteract your exercise efforts. •Find an exercise partner. When someone else is counting on you, it's hard to miss a workout. Time passes more quickly too, when you have someone to talk to. •Chart your progress. Keep a diary of how long you exercise each time, and how you feel. As the


weeks pass, your continual improvement will keep you going. •Create a weekly workout schedule and write down your goals. Post both where you will see them daily. Jazzercise classes are now being held in Stouffville at St. Mark's school, Monday and Wednesday evenings, at 8 p.m. There are no sessions; pay as you go, or register anytime. For more information, call certified Jazzercise instructor Kathie Lobraico at 640-8942.

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