

Setting Fitness Goals for the New Year?

If so, make them *SMART*!

Whether you are vowing to exercise more, lose weight, or eat better in 2017 the following information can help you develop achievable Goals.

Any goal that we set should be:

Specific: Setting a goal of exercising more would not be specific, where as vowing to exercise 3 times per week would be.

Measurable: Setting a goal of exercising 3 times a week for 30 minutes or more each time would be measurable.

Attainable: If you do not exercise at all now, completing 3 sessions per week would be more attainable than 5 or more sessions.

Realistic: If you do not like to run, it would be more realistic to include exercises you enjoy in your goals/plans.

Timed: Exercising for 30 minutes, 3 times a week every week in January would be an example of a short term goal with a “Time” component.

Don't forget to reward yourself! Fitness gear incentives can be fun!!

For further assistance with setting or reaching your health and fitness goals please contact Katie Felton, Fitness Coordinator at fitness@reservekeowee.com or at (864)868-4481.