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As Christmas day comes and goes like the steady urgency of BNSF trains and the upcoming New Year is fast on its heels there is little doubt that our minds once again turn towards our health and the resolutions we plan for 2017. However, as the seasons pass we get older and the lack of success from the previous years becomes increasingly difficult to take. Your New Year resolutions need to work for you, but how? What will be different this year than the previous year?

Thankfully there are a few steps you can take that will put you on the path to greater success in 2017. Let us begin.

Step one. Review the past year and take note of any setbacks that may have derailed your progress. Did old or untreated medical conditions such as nagging back pain, knee pain or gout interfere with your progress? Issues involving any parts of the skeleton system create instability of movement, pain and considerable discouragement. Check these off right away before you get started.

Step two. Review your plan before you start. What do you need to be consistently successful in 2017? Can you successfully train on your own or do you require instruction? Do you need a facility closer to you or one that has hours that fit your schedule? Make your plan with the intent to succeed.

Step three. How will you measure success? Is it 5lbs lost, 10lbs gained on the bench press or the ability to move with greater ease? A sound understanding of nutrition can help with the fluctuating nature of weight loss as well as having an application for what we do when we start lifting weights. The ability to apply resolutions to your overall lifestyle greatly improves your chances for success.

Remember, the point of the New Year's resolution is to increase your chances of success in areas where you have not succeeded. To succeed in 2017 you need to review, plan, develop new skills and then train like champions.

Coach G

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