



*"Where Your Health Is My Business"*

## How to Ensure You Get What You Want in 2009.

This time of year brings with it a wealth of hope, excitement and expectation for improvement for oneself, our lifestyles and our habits.

Resolutions are made with the best of intentions- however failure to keep them often result in feelings of failure.

I'd like to help you make 2009 different, better. How do we ensure that our dreams and personal goals become a reality? How can we feel good about our accomplishments and not feel anchored by our often minor setbacks?

The solution is simple. All it takes is a bit of thought, time to put together a specific plan, a commitment to follow our plan and the ability to clearly envision our ultimate goal(s).

Please recognize that setting out a goal oriented plan is a great way to establish a strong routine for a long term healthy lifestyle but our new healthy behaviour should not end there. Our goals should not be the only reason to eat well and exercise, rather try to see them as a great way to help you establish great eating and exercise routines which you will be able to sustain for years to come.

**Allow me to break this down into steps all of us can easily follow:**

### **1. List your long term goals~ Be Specific!**

We tend to fail right from the beginning because most of our goals are not specific enough. Think of it as planning a trip. We need to know where we are going before we can plan the best, and most efficient route.

For example, instead of simply saying, "I want to lose weight", put in writing, "I want to lose 15lbs by May 24, 2009". Please keep in mind that prior to starting an exercise program, you should consult your physician.

### **2. Breakdown your long term goals into short term goals.**

Now that we have our goal, "our final destination" of losing 15 lbs by May 24, let's figure out how best to get there. This is when we must take the time to understand what our week is like, what time commitment we are willing to give to attaining our goals, and then setting aside the time to do what we need to in order to make them a reality. We must be very specific when doing this. For example, we

would write in our day planner that on Monday and Wednesday after work, at X o'clock, I will go to the gym and spend X amount of time there. This time will consist of X minutes on X cardio equipment at X% of my Max Heart rate followed by X minutes of weight training with X minutes of abdominal/ low back training and stretching.

### 3. Commit to following a healthy eating plan.

This plan should not omit or place extreme restrictions on any food group (unless recommended by your physician), but should maintain balance amongst all the foods you eat. It is important not to deprive yourself of any one food, rather ensure that you understand the importance of moderation in what you eat!

Remember that it is important that you establish healthy eating and exercise routines so that you will be able to sustain them for always, not just from now until May 24<sup>th</sup>.

Keep in mind that a great guide to healthy eating is the Canada's Food Guide or for more specific plans, a registered dietician works wonderfully.

### 4. Once you have reached your goal(s) promise yourself to continue on your path of health.

It is easy to accomplish your initial goals and then fall back into unhealthy patterns. Setting new goals helps to keep us focused and excited about what we are doing.

For instance, once you have lost your desired weight, you may want to participate in a 5K walk.

If you are having difficulty in creating your path, contact professionals with whom you feel comfortable. Sometimes it takes only one visit with a registered dietician to get your eating patterns established, or 4-5 sessions with a fitness professional to ensure that the exercises and intensities are appropriate to help you attain your goals.

**I'd love to hear from you. Feel free to contact me with feedback, questions or concerns.**

**Wishing you health, happiness and the attainment of all your goals in 2009!**

Yours in health,

*Orna*



Orna is the owner of ODW Fitness, a personal training company focused on improving the health and physical abilities of it's clients.

Orna is a certified personal trainer with 15 years experience in the fitness industry. She loves to work with everyone from post rehab clients and those with health issues, to those who are simply looking to make healthy changes to their current lifestyles.

If you have any questions or would like to find out more about what we do, call me at 416-602-0210 or email at [orna@rogers.com](mailto:orna@rogers.com). You can also check out our website at [www.odwfitness.com](http://www.odwfitness.com).

Yours in health,  
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