



# RESOURCE

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## Don't be a Quitter How to Set Fitness Goals that Stick

You've invested in a gym membership or home gym, been outfitted in a fancy pair of running pants and purchased a matching BPA-free water bottle. Think that's going to be enough motivation to keep you going? Think again. The [American Council on Exercise](#) estimates that half the people who sign up for a gym membership at the beginning of the year will have quit by the time summer arrives. Setting a realistic fitness goal and having a legit plan to reach it are your best weapons in the fight to stick with a workout plan.

Most of us fall into one of three categories when it comes to our exercise goals. We either want to look better, feel better or perform better. The experts at [Life Fitness](#) recommend that you find out where you stand on that spectrum and create a simple plan supporting what you want to achieve:

- **Look Better** - Fat Loss occurs when you burn more calories than you take in. If you burn an extra 500 calories per day, you would lose about a pound a week. But if gaining muscle mass is the goal, plan to eat enough calories to enhance a weight training regiment of heavier weight and fewer (6-8) repetitions.
- **Feel Better** - Whether it's better heart health, reducing aches and pains, or fighting aging: exercise has a major role to play. Speak with your doctor first about your fitness plans. If you're new to exercise, you may want to employ the assistance of a personal trainer to get on the right path. Also, keep in mind that being active doesn't just mean hitting the gym. Take the stairs, walk rather than drive, stretch during must-see TV and step into a co-worker's office rather than sending an e-mail.
- **Perform Better** – If competition is your motivation, take a cue from your passion when it comes to your training program by sprinting, jumping, swimming and playing your way into better form. Tools like the [Life Fitness Virtual Trainer Web site](#) ([www.virtualtrainer.lifefitness.com](http://www.virtualtrainer.lifefitness.com)) provide tracking tools for your workouts as well as some training support such as a marathon program with a calendar of activities.

All work and no reward certainly isn't fun, so plan some healthy breaks along the road to reaching your goal.

*Fit Tips are provided by Life Fitness, the leader in designing and manufacturing high-quality exercise equipment for fitness facilities and homes worldwide. For more information on FitTips and other fitness advice and expertise visit [www.lifefitness.com](http://www.lifefitness.com) or follow us on Twitter at [www.twitter.com/LifeFitness](http://www.twitter.com/LifeFitness).*