

## THE FORTITUDE TO CHANGE TODAY



So, you've been reading these articles and you are convinced that working out is a must if you are going to be healthy. Then you went and put the New Year resolution curse on your fitness goal. And now, here we are in the middle of January and you haven't managed to get started just yet. Don't wait for 2011 to try again! Get started right now so in 2011 you can be celebrating your accomplishments rather than counting your regrets. Close your eyes and imagine you're turning the page on December, 2010 with a smile on your face. As it turns out, you imagine, you will not be making the same old resolution to lose weight in 2011. You can try out a whole new resolution because in 2010, you found a way to make your resolution

come true! Imagine a feeling of being healthy, slim, and strong. Imagine you do not need to buy those blood pressure medicines or worry with your glucose meter any longer. Imagine you feel energetic, you enjoy shopping for clothes, and you can play with your children without getting tired. Imagine feeling excited to see 2011 because you have finally fulfilled your annual promise to get fit. Right now, *today*, have the **fortitude** to face what needs to be done to improve your health and change your life.

Now you're excited. That image has you chomping at the bit! Yet, still, where to begin? One thing you can do that has a proven track record is to hire a personal trainer. Elizabeth Quinn, sports medicine writer for about.com gives these ten reasons for hiring a personal trainer: motivation, individualized program, efficiency, improve technical skills, education for the exercise beginner, breaking through plateaus, learning how to go it alone, safety, working out at home, and lose weight. Who needs motivation when you know someone is at the gym waiting on you to work out? Personal trainers can provide structure and accountability to help you keep your momentum. A trainer can create a program tailored for your goals and fitness level. This structure and personalized program can create efficiency in your workout so that you can get in and out of the gym in as little time as possible. You'll see real results and you'll waste less time.

Beginners, especially, will benefit from this efficiency because there will be less time lost in learning what to do and how to exercise, which will mean faster results, which in turn fuels motivation. It will also mean a lower chance for injury since trainers will teach you proper technique. For those who already exercise but are getting bored with their routine or are stuck where they are in their fitness abilities, hiring a personal trainer could help break through those plateaus and give you more ideas and education for improving your health and fitness. And let's not forget the reason you most likely are beginning a workout regimen anyway – weight loss. There is a good reason the rich and famous hire personal trainers to whip them into shape – because it works. If you have found yourself stuck in a rut or unable to even start a rut, chances are a personal trainer may just help you get started and stay motivated throughout the entire year.

Find the fortitude – the backbone, stamina, guts, spunk– to begin a journey that can only improve your life. And if you're not real sure where to start, call a personal trainer today so that they can help you begin your journey and start seeing results quickly. Remember, no one is stopping you from being the best you can be right now but **you**. There are only 11 ½ months left in 2011 so get started NOW!