

# THE TRUTH ABOUT GETTING FIT

Our New Years resolutions were made a while back now and I can't help but wonder how many people have broken their January 1<sup>st</sup> undertakings and probably did so before the month of January expired.

I think it is fair to say many of these resolutions are made prematurely in that they are ill conceived and un-realistic, often spur of the moment things. No doubt some are made with a hidden degree of mistrust and I suppose there really are a few that actually stick.

It is my view that one of the primary reasons for their failure is simply that most people who notionally commit to their new weight training/running regime are not fully aware of what to expect. Many have tried similar such fitness programs before, never enjoyed them, never lasted at them and wondered why it all felt so hard. These same people then finally conclude, "they were not made to run" or "not made to lift weights." Furthermore, so many of the so called fit and healthy people talk unendingly about how much they love exercise, no matter what they are doing! So it must just not be suitable for some people.....right? Well.....actually, no.

Over the Christmas break while listening to the ABC I heard one of the female presenters talking to a personal trainer/running coach and they were discussing fitness related New Years resolutions. "You really must enjoy it," said the presenter to which the trainer guy said "oh yes you can't do it unless you really enjoy it" in reference to exercise. It was at this point I desperately scrambled about looking for my mobile phone.....

Why? Little do they know they are setting people up to fail! Exercise is meant to be hard, it is meant to be a challenge and it must obey the first and most basic training principle of "*overload*" or simply put "*progression*."

Do some people enjoy it? Yes? Do most? Frankly, no!

Had I been able to locate my mobile phone I would have called into the ABC show and said lets be perfectly honest. Exercise is hard, not painful, but hard (discomfort eases the moment you cease lifting the weight, stop running etc.) Do not set people up to fail by floating the expectation that they will like or even enjoy it, they might, but most definitely will not. It must be viewed as a discipline, like cleaning your teeth, maintaining basic hygiene, or any other activity you do because you must. People who adopt this mindset are considerably more likely to be successful in improving all aspects of their health while maintaining a long-term commitment to their health.

Over my 30 plus years in this industry I have learned that most people do not actually enjoy their training and I include myself in that group. (They might enjoy the so-called endorphin "rush" post workout, if they get it and certainly they enjoy they results, ie how they look and feel!) Personally, I rarely miss a scheduled session and cannot remember the last time I did; in fact, it is fair to say I sometimes fear my next workout, but I almost never miss a session!

Discipline is the key. Success or failure is largely pre-determined. Attitude and understanding are the keys to achieving long term success in terms of being fit and healthy.