

When you need someone to care for your loved one as well as you can



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Fitness advice: Set realistic goals - and reach them

Special for The Republic
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It's like the movie *Groundhog Day* year after year - your last 10, 15, 20 or more pounds once again revisited. Welcome to 2008, your year of resolve in achieving your fitness and health lifestyle transformation.

• **Your goal.** Set a realistic one. It took time to put it on, so give yourself a realistic timetable to take it off. The average person can safely lose two pounds per week. If you have other fitness goals, then map out a daily nutrition and weekly fitness plan to accomplish them. Your ultimate goal should encompass a safe and healthy transformation.

• **Your food plan.** Focus on nutrition first. Start a daily food journal and keep track of everything you consume, including beverages and condiments. The little things add up.



• **Your exercise plan.** Map out three or four days where you can dedicate 30 to 60 minutes to exercising. Include friends and family on the weeks where personal time might be a challenge.

• **Consistency and commitment.** These two traits will make your short- and long-term dreams come true. If you veer off track one day, don't beat yourself up. In fact, it is healthy to afford yourself one "free" day. Then, get back on course the remainder of the week.

• **Celebrate results.** In your plan, set incremental goals. When you achieve them, reward yourself. These tokens of accomplishment will strengthen your enthusiasm for staying on course with your new lifestyle.

Remember, you are your most important asset. If you are not healthy, than all areas of your life will be adversely affected. Secondly, there are no overnight sensations. If you start to feel like you'll never get there, that is exactly when a major shift is at work. Don't give in to doubt. Sign up for success. You can and will change your body and your life.

Yvette Craddock is the managing member of Click Marketing Solutions (www.click-marketing.net), a full service marketing agency. Her column is written with the fitness professionals at Gold's Gym. Contact any of the six Valley locations at 1-888-GOLDS-15 or www.goldsgym.com.

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