



## **New start, New Ideas** **(7 Tips for Starting off a “Strong” year)** by Ted Loo, personal fitness trainer

The New Year is not about resolutions but really a time to start things anew; so here are 7 tips that you can implement into your lifestyle to have a healthy and fit year.

### ***1. Goals***

If you don't know what you want to accomplish how are you going to get there? Write down your health & fitness goals. Remember keep them Specific, Measurable, Attainable, Realistic and Timely.

### ***2. Periodization Training***

Do you always train the same way? Your body easily adapts so break up your training into 3 to 4 week cycles. Each cycle you would train differently depending on the desired result whether it's for strength, muscle gain or endurance for example.

### ***3. Find a partner/mentor/personal trainer***

Use a training partner, mentor or hire a personal trainer to hold you accountable – it's about commitment.

### ***4. Support team***

Tell others your goals and what you are doing. You'll be surprised how many people will support and root for you.

### ***5. Safe proof the kitchen***

Go through your kitchen and get rid of all the foods that are not in your meal plan. Do you really need those cookies and chocolates around to tempt you?

### ***6. Pack your own lunch***

It's easier to eat healthy if you are packing your own lunch rather than eating out all the time.

### ***7. Reward/motivation***

As motivation I will often give myself a reward at the end of a training cycle. For example, scheduling a vacation is not only rewarding but it can be a motivating factor to look your best.