

Goal Setting:

No matter what goal you have in life, breaking it down into small achievable steps is an efficient and successful way of realising your true potential. This approach applies to everyday life and fits particularly well when it comes to health and fitness.

A lot of people fail in achieving their health and fitness goals by either not setting a goal, or they set a goal which is unachievable within the specified timeframe. People in general work harder and are more likely to achieve, when they have set a realistic goal.

When starting an exercise regime, you should first work out your final goal and pick an appropriate amount of time in which to achieve it. Secondly, break down your final goal into smaller more achievable milestones and set points along the way to reach each of those milestones. Take notes of your progress in a training diary and continually reassess your progress. If you reach a milestone earlier than expected, then treat that as a bonus. If it takes longer to achieve that milestone, then look at your progress and work out if your goal was unachievable, or whether you have let yourself down through diet, lack of effort or a combination of both. Don't be disheartened by small failures, treat them as a learning experience and use this knowledge in helping you realise further milestones.

Try to find a training partner with a similar goal and work together through your triumphs and setbacks. The extra motivation and accountability created by this is invaluable. Be supportive of your partner and try not to compare yourselves too much; each person is unique and we all achieve differently when it comes to health and fitness.

Finally, when you reach that end goal, give yourself a pat on the back and either work to maintain what you have achieved or, start to whole progress all over again with a new and improved goal.

As always, feel free to give me a call if you wish to discuss this article or any related topics. Enjoy Fitness.

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The information contained in this article is to be used as a guide only. If you plan to undertake an exercise program you should first consult your medical practitioner and fitness professional.