



Setting and Maintaining Goals

Hi Guys,
We hope you are keeping well
and that you are enjoying the
summer so far...

Whether you have been on holidays, or are waiting to go, we hope you have a fantastic time!

Getting in shape for a holiday is one of the most common motivating factors for our clients, saying that, each person has their own reasons for training.

Our topic this month is the importance of **SETTING YOURSELF A GOAL!** (and we don't mean the type which you bang in the net!)

We want you to sit down now and think about why you're training:

- Is it may be a lifestyle choice?
- Purely for fitness or athletic reasons?
- For health benefits?
- For an event that is on the horizon or that you want to partake in?

Everyone should have a GOAL that they are working towards...fortunately for you guys, we are here to help!

Ask yourself "What are my goals and objectives?" First off sit down, turn your phone and TV off, no distractions!

Write down on a piece of paper your **LONG TERM GOAL**, it could be anything...

- Increased fitness levels or athletic performance to partake in an event, like a marathon or a triathlon
- Improve your body composition to look amazing in a wedding dress
- Weight management
- Make a healthy lifestyle change to boost energy levels, improve sleep or reduce cholesterol levels

The options are vast but get yours down on a piece of paper!



Setting and Maintaining Goals

Now, once you have decided what your long term goals are, how do you go about achieving them?

Work backwards!

First, put in place some medium, and then some short term goals.

If your long term goal is to drop 12lbs in 12 months time, then a sensible medium term goal would be to have lost 6lbs after 6 months.

A sensible short term goal would be to lose 1lb in the first month. You break the main goal down into more achievable mini targets. This will help keep you motivated and give you a sense of achievement along the way.

Ultimately keeping you on track until you reach your main objective.



Apply these SMART principles

S = SPECIFIC

Be specific with your goal! If you want to lose 12 or 14lbs, then specify that as your target. "I just want to lose a bit of weight" - **TOO VAGUE, BE SPECIFIC!**

M = MEASURABLE

Track your progress, whether it be monthly weigh-ins or measurements or your progressions lifting heavier weights in the gym. **TRACK YOUR PROGRESS!** This is crucial, as it's a tangible way of tracking your improvements.

A = ACHIEVABLE

Set yourself something that you can actually do.

R = REALISTIC

Following on from achievable, be realistic with your expectations. "World Champion" may be setting the bar a little high!

T = TIME

Following on from realistic, set yourself a sensible time frame. Crash diets and training plans are often too severe and end in disappointment.

So be smart, hit your short and medium term targets and stay on the pathway to achieving your ultimate long term goal!

Using these principles will sharpen your focus on what it actually is that motivates you.

So, to recap:

- 1 Write down what your long term goal is.
- 2 From that, work your way back to medium and short term goals.
- 3 Apply the S.M.A.R.T principles when going about achieving your goals.

Remember guys, we are here to help. For more advice on implementing or clarifying your goals pop in for a chat, drop us a line...just get in touch!

Thanks for reading and here's to a great summer.

Cheers!

Brian & PJ



12a, Sunshine Industrial Estate,
Crumlin, Dublin 12

PJ 086 8732298

Brian 087 9193051

