

# Ideas to keep resolutions

By Brenda Bark

SPECIAL FOR THE REPUBLIC

**FITNESS**

According to forecasts, 45 percent of Americans made fitness and weight-loss resolutions for the new year. Unfortunately 30 percent of them will fail within the next month.

Try these measures to help stay on track:

» Make yourself accountable. Invest in your resolution. Pay a reputable trainer and accept a challenging routine.

» Get a workout buddy. Having a friend with a shared, committed schedule helps you to avoid excuses for skipping sessions and may provide extra-motivating, healthy competition.

» Set a definitive goal. It's not enough to say that you want to lose a certain number of pounds or sizes. Make a deadline.

» Use visual motivation. Post a photo of your "before" self on your refrigerator, bathroom mirror, and even as wallpaper on your computer monitor, to remind you of your commitment.

» Clean house. Trash all the bad comestibles in your home. Restock your pantry and refrigerator with healthful food and snacks.

» Establish an eating plan. Determine the meals you plan to eat and at what times, for an entire week.

» Broadcast your goals. Tell family, friends, colleagues, everyone about your goal. Once you've made your resolution public it's harder to quit.

» Set realistic goals. With your coach, establish challenging yet realistic goals.

» Establish a reward system. When you see significant progress or reach or exceed milestones, give yourself a treat.

» Keep a positive attitude.

You resolved to get in shape in 2010. Now, you have more tools to help you stick to your promise. Just do it!

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