

# Towel Talk

“Fitness and wellness information at your fingertips”

## STICKING TO YOUR NEW YEAR’S RESOLUTION

### FACTS ABOUT NEW YEAR’S RESOLUTIONS:

- ◇ 63% Of people say they are keeping their resolutions after two months
- ◇ 67% of people make 3 or more resolutions
- ◇ People make more resolutions to start a new habit than to break an old one

This year stop the cycle of resolving to make change, but then not following through. Here are 10 tips to help get you started.

1. **Be Realistic:** Make your goals attainable!
2. **Plan Ahead:** Don't make your New Year's Resolution on New Year's Eve. It should be planned out well before December 31st.
3. **Outline your plan:** Decide how you will deal with the temptation to skip that exercise class. Practice positive thinking and self talk to keep yourself motivated.
4. **Make a pro and con list :** It may help to see a list of items on paper to keep your motivation strong. Develop this list over time, and ask others to contribute to it. Keep your list with you and refer to it when you need help keeping your resolve.
5. **Talk about it :** Don't keep your resolution a secret. Tell friends and family members who will be there to support your resolve to change yourself for the better or improve your health.
6. **Reward Yourself :** Celebrate your success by treating yourself to something that you enjoy that does not contradict your resolution. If you've been sticking to your promise to eat better, perhaps your reward could be going to the movies.
7. **Track your progress :** Keep track of each small success you make toward reaching your larger goal. Short term goals are easier to keep, and small accomplishments will help keep you motivated.
8. **Don't beat yourself up :** Obsessing over the occasional slip won't help you achieve your goal. Do the best you can each day, and take each day one at a time.
9. **Stick to it :** Experts say it takes about 21 days for a new activity, such as exercising, to become a habit, and 6 months for it to become part of you personality. Your new healthful habits will become second nature in time.
10. **Keep trying :** If your resolution has totally run out of steam by mid-February, don't worry! Start over again! There's no reason you can't make a "New Year's Resolution" any time of year.

### What To Look For at the KLARC:

#### FITNESS INCENTIVE PROGRAMMING:

- ◇ **New Year's Resolution Challenge**  
2/1—5/4. Meet with a trainer every 3 weeks. If interested please contact Annette Stutzman via e-mail: [annette.stutzman@bucknell.edu](mailto:annette.stutzman@bucknell.edu)
- ◇ **FIT 3-0:** Group Fitness Incentive program. Participate in 30 group fitness programs throughout semester and get a prize pack. If Interested contact Annette Stutzman, [annette.stutzman@bucknell.edu](mailto:annette.stutzman@bucknell.edu)

#### Recreation Services

##### Contacts:

#### **JOE SANTORINE**

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#### **ANNETTE STUTZMAN**

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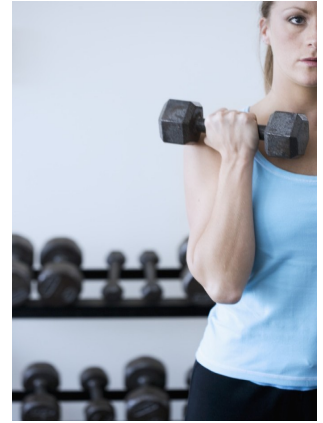


**Fitness 101:** Equipment Orientations. For more information please contact Annette Stutzman via e-mail [annette.stutzman@bucknell.edu](mailto:annette.stutzman@bucknell.edu)

**Dates and Times:**

Mon., Jan. 25<sup>th</sup> @ 9am    Tues., Feb. 2<sup>nd</sup> @ 10am    Wed., Feb. 24<sup>th</sup> @ 10am  
 Wed., Jan. 27<sup>th</sup> @ 12pm    Wed., Feb. 3<sup>rd</sup> @ 3pm    Wed., Mar. 24<sup>th</sup> @ 10am  
 Fri., Jan. 29<sup>th</sup> @ 2pm    Thur., Feb. 4<sup>th</sup> @ 10am    Wed., Apr. 21<sup>st</sup> @ 10am

Sign-ups are not required for scheduled sessions. Interested participants should show up at the start time in the lobby of the KLARC. Sessions may last 30-60 minutes. Dress appropriately if interested in trying out the equipment (i.e. tennis shoes, sweats/shorts, t-shirt/sweat shirt).



**EXERCISE OF THE MONTH: Cable Crunch**



1. This exercise requires a cable tricep pushdown machine with a rope attachment
2. Kneel down in front of the machine holding the rope just above your head
3. Slowly crunch down to your right knee and hold for 2 seconds as you breathe out
4. Return to the start position slowly
5. Repeat to the left knee

**MACHINE OF THE MONTH: Hammer Strength Isolateral High Row**

1. Sit on seat with good body alignment (abs tight, chest up, back straight)
2. Position chest against pad
3. Grasp lever handles with overhand grip
4. Pull handles back until elbows are behind back and shoulders are pulled back
5. Return until arms are fully extended and shoulders are stretched forward

