New Year, New You

If you're like most people, you've probably experienced the sudden burst of motivation that comes in early January, as holiday indulgences set in and the strive for a better year than last is present.

"This is the year," so the resolution goes. Sadly New Year's resolutions are notoriously short-lived, if not completely forgotten by February. Eating healthy, weight loss, quit smoking, getting out of debt and becoming organized are the five most common resolutions made each year. The trick to making any of these resolutions work is to treat them not as resolutions, but treat them as goals. Follow these steps and you will have a year of success.

Long Term Goals with Short Term Successes. No matter what your goal is for 2013, have the long term goal in mind but make short term goals that are realistically attainable. Are you going to lose 30 pounds in three months, probably not, but committing to working out two more days a week than you were before is possible. Cutting out all junk food at once will only cause you to binge, but tell yourself you will cut a type of junk food out for three weeks, that fourth week will be easy to do and you can then add another type to eliminate. These successes you will make with short term goals bring you closer to your long term goal.

Make a Plan and Keep Track. With any goal setting, a plan must be put into action. You have made this goal, now how are you going to attain it. Having your plan in place will give you direction and focus toward reaching your goal. Keep track of your progress and slip ups. Doing this will keep you accountable and realize if you have developed any patterns when and where you are successful and where you are not. If you are trying to quit smoking, and going cold turkey never works, tracking your daily amount will give you a great indication on when you are smoking less and smoking more than you had planned to. Tracking your progress also allows you to witness when you hit those short term goals and realize how close you are to your overall long term goal.

Exercise of the Month
SUMO HOLD DB PRESS
Start by standing in a wide sumo squat stance, feet slightly pointed out. Squat down to 90 degrees, pull abdominal muscles in and hold position. Place dumbbells at shoulders, and press above head without breaking your stance. Perform 3 sets of 8, 10, or 12 reps.
What’s New at The KLARC

GROUP FITNESS CLASSES

ABC’S - Arms, Butt & Core. All toning exercises of this class will focus on these areas.

BOOTY BARRE - An energetic and fun workout that fuses fitness techniques from Dance, Pilates, and Yoga that will tone and define the whole body.

CYCLE CIRCUIT CHALLENGE - Combining speed and hill bike intervals with body weight resistance training exercises. Be ready to burn mega calories!

SUNRISE YOGA - Increase flexibility, strengthen and tone through basic yoga positions and breathing methods.

RECIPE WEBSITES

www.everydaypaleo.com
www.eatingwell.com
www.whfoods.com
justeatrealfood.blogspot.com

SMARTPHONE APPS

MyFitnessPal
WeightWatchersMobile
LiveStrong-MyPlateCalorieTracker
MapMyRun
Nike Training Club

KLARC WILL NOW BE OPEN UNTIL 1AM TUESDAY-SATURDAY

LATE NIGHT HOURS

**Stay tuned for more details and information about Late Night at the KLARC

Recipe Websites

Smartphone Apps