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Media Release – How to Make Your Health & Exercise Resolution Stick

From: NZ Register of Exercise Professionals



How to Make Your Health & Exercise New Year's Resolution Stick

On the first day of the year countless people make new year's resolutions, so why is it that come February 1st so many of those resolutions have failed?

Many people made resolutions to make themselves better, have a happier life, and not surprisingly, to get healthy and exercise more. And why not? It is an undeniable fact that by exercising regularly and maintaining a healthy weight, people are less prone to lifestyle diseases, depression and just simply feel better about themselves.

So despite the knowledge that health and exercise new year's resolutions are going to have an overwhelmingly positive impact on daily life why is it that according to a study of over 3,000 people conducted by the British psychologist Richard Wiseman at the University of Bristol, 88% of those who make new year's resolutions will fail?

This is despite over 50% of the participants feeling confident that they would succeed when they set their goal. The study went further than just measuring success and failure, it also provided different participants with different advice to help them achieve their goals, and then tracked what advice contributed the most to success. It is clear from this research that there are ways you can increase your success rate and finally make those New year's health & exercise resolutions stick.

So as new year turns into February, what can you do to avoid being one of the 88% and instead be successful with your health and exercise resolutions through 2020? By using a combination of the results from this study and advice from the experts, 2020 can be the year to get healthier.

Set goals. An extra 22% of men in the study achieved their resolution when they engaged in goal setting. But hang on, isn't a new year's resolution a goal? The secret to goal setting is to make sure the goal is a SMART one; specific, measurable, achievable, realistic and timely. The more specific your goal is, the easier it is to track your progress and see how you are going. You aren't going to go straight from the couch to a 5km run in one session, so it's helpful to be able to see that you are making progress along the way. Need some help with setting some SMART exercise and wellness goals and reaching them? Check out our next piece of advice.

Don't go it alone. Want to really make it to those New Year goals? Enlist the help of an expert. Gone are the days of having to start exercising and hope for the best. In NZ we have some amazing personal trainers who have the qualifications and attitude to make your workout more effective AND fun. To find a trainer who knows their stuff head to www.reps.org.nz. Next step? Tell the world what you are hoping to achieve; friends and family won't laugh at your resolution, they are actually more likely to become your ally and help you stay focused on your 'off' days. The study showed women were 10% more likely to be successful when encouraged to persist in the face of setbacks.

Be positive. New year's health and exercise resolutions are not a one time event, they are a goal that you work at throughout the year. Every time you make a wise food choice, or undertake physical activity you are contributing to your success. A single stumble will not erase all your good work. Focusing on the rewards gained, rather than the potential for failure helps.

Richard Wiseman study reference: http://www.quirkology.com/UK/Experiment_resolution.shtml

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NZ Register of Exercise Professionals (REPs) - Independent not for profit quality mark of exercise professionals and facilities. Using REPs Registered Exercise Professionals is the "warrant of fitness check" that exercise professionals and facilities meet New Zealand and internationally benchmarked standards to deliver safe exercise advice and instruction. REPs is affiliated globally to other national exercise professional registers representing over 210,000 exercise professionals through the International Confederation of Registers for Exercise Professionals (ICREPs) - www.icreps.org

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Exercise Association of New Zealand - Not for profit exercise industry representative organisation. Its *mission is to proactively support a sustainable exercise and fitness industry in New Zealand by growing participation in structured exercise through advocacy, information and industry standards.*

