

19 January 2021

Media Release – Was Exercise in your New Years Resolution?

From: NZ Register of Exercise Professionals



Was Exercise in your New Year's Resolutions?

It's an annual rite of passage - setting goals and making promises to yourself and others to make significant changes in the new year. Many new year's resolutions relate to lifestyle including exercise and nutrition.

So, is setting goals at new year worth doing? And how can you turn those resolutions into results? Research indicates that there is a greater level of success in those who make New year's resolutions than those who do not. However, the levels of successes don't always last long term.

Researchers have uncovered a state of mind they call 'False Hope Syndrome'- This is where a person continues to set goals and then not achieve them, underestimating the planning and effort required to reach these goals.

A goal is just an idea until a plan is put into place, so if you want to take your goals from a dream to a reality, then you need to take time to prepare for success.

When we set a goal, especially a big one, success is often in the distant future and the pathway is likely to be a number of steps with smaller goals being achieved along the way. Setting a goal like to 'lose weight' or 'exercise more' are valid but lack detail and a plan. SMART Goals is a system to turn general goals into manageable chunks. It is a really helpful tool to make sure if you are setting new year resolutions to improve your health and exercise levels that you can achieve them.

The 4 parts of SMART Goals are:

S - Specific: Take that weight loss goal and break it down. What does 'getting more physically active and healthier' actually look like?

M - Measurable: How will you know you are making progress towards your goal? Make sure you set a baseline through testing and measuring your results. Your results might include physical changes, and also importantly feeling better about yourself and your wellbeing. Improvements like getting a better nights sleep, or increases in your energy levels can make a big change to your life.

A - Attainable: Setting a goal that you can actually achieve with your resources is important. This includes time, money, and other commitments you have in your day.

R - Realistic: Choose a goal that is within your reach. It's important to make sure that your exercise is also enjoyable and interesting to maintain your commitment - in both the short and long term.

T - Time related: A goal without a date is really just an idea. Make sure you have some due dates set for when you plan to achieve your goal, and mini goals within this goal.

Behaviour change: A goal is, by definition, an end result. It's a moment in time. More important is the pathway to reach that goal. The success or failure of any goal can be related to how we manage the changes to our life in order to achieve a goal. People with the most success at reaching goals make changes to their lives, and their behaviour in order to stack the odds in their favour.

The principle of 'new year, new you' comes from this principle, but in reality, it's not about a 'new' you but rather a better, more organised version of you. Understanding the steps you need to take to ditch unhealthy behaviours and replace them with healthy ones will take planning, thought, intention and discipline.

References:

<https://psycnet.apa.org/record/2002-15790-001>

<https://pubmed.ncbi.nlm.nih.gov/11920693/>

Contact details for further information about the exercise industry:

NZ Register of Exercise Professionals, Registrar Stephen Gacsal

Email: stephen@reps.org.nz telephone: 0800 55 44 99 website: www.reps.org.nz

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

Exercise Association of New Zealand, Chief Executive Richard Beddie

Email: richard@exercisenz.org.nz, telephone: 0800 66 88 11 website: <http://www.exercisenz.org.nz>

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.

