

INNER STRENGTH

Fit Words for Everyday People

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resolutions:

- 1 Lose Weight
- 2 Gain Lean Muscle
- 3 Change Habits

What would you attempt to do if you knew you would not fail?

Really, if you KNEW that failure was not an option, what would you attempt to do? Many of us are too caught up in the fear of failure to even put forth a half-hearted attempt at living our dreams & making our goals a reality. So ... what would you attempt to do? Send me an email to susancaldwell@nc.rr.com and we'll post your responses on our website (no names, of course, will be posted). Make this YOUR year to accomplish something amazing!

Registering Now! Hi 5 Fitness (www.Hi5Fitness.com) for ages 5 to teens

coming January 13th to Tone Up Raleigh. Let's get our youth started on a lifelong love for fitness and healthy eating with Hi 5 Fitness. Our programs address two very important components of fitness: **activity and nutrition**. We build strong bodies and strong minds while kids have a blast. We will do fun activities together in a non-competitive environment such as building obstacle courses as well as preparing super healthy foods. We will also take a trip or two to the grocery store to talk about what is healthy to eat and what smart choices they can make. This program is designed for all youth ages 5 through teens & our schedule is grouped by ages. We offer a simple schedule on multiple days that offer you the flexibility you need to work with your child's busy schedule. And it's very affordable! Visit www.Hi5Fitness.com today or call us at 919-900-7569 to register. Be sure to visit our photo gallery online! **NOW** is the time to get started to help your child *just 2b fit*. See you soon! Susan

The **Skinny** Of the Month



Set Yourself for Success, Not Failure!

Tips for making your goals a reality all year long...

- ★ **Create a plan:** Setting a goal without formulating a plan is merely wishful thinking. In order for your resolution to *have resolve* (as the word "resolution" implies), it must translate into clear steps that can be put into action.
- ★ **Create your plan NOW:** Most people have a limited window of opportunity during the first few days of January to tackle your motivation and plan. After that, most people forget their resolutions completely. Get ahead now!
- ★ **Write Down Your Plan:** Commit your resolution and plan to writing. Keep it in a notebook or journal and in a highly visible place. Share your plan with others.
- ★ **Think "Year Round," Not Just New Year's:** Nothing big gets accomplished in one day. Resolutions are set in one day, but accomplished with a hundred tiny steps that happen throughout the year. New Year's resolutions should be nothing more than a starting point. You must develop a ritual or habit for revisiting your plan.
- ★ **Remain flexible:** Expect that your plan can and will change. Life has a funny way of throwing unexpected things at us, and flexibility is required to complete most important things (and yes, this is important!). Sometimes the goal itself will even change. Most of all, recognize partial successes at every step along the way. Just as a resolution is not accomplished the day it is stated, neither is it accomplished the day you reach your goal. Rather, it's accomplished in many small increments along the way. Acknowledge these incremental successes as they come.

No More Excuses!

I'm too out of shape to exercise!



For every excuse you come up with to avoid exercise or healthy eating, there are many reasons why you *should* make fitness a regular part of your life. For starters, exercise and a healthy diet can help control weight, decrease obesity and reduce the risk of diabetes, heart disease, hypertension, stroke and cancer. That's seven reasons right there to get started now! Now is the time to face your excuses head-on and *choose* to live a happier and healthier lifestyle. [Contact me](mailto:susancaldwell@nc.rr.com) today to learn how we can help you get started *and* keep you on track.

MY MISSION is to educate, inspire, and motivate you to make every day a happy and healthy day... no excuses!!!

As a person who once weighed 300 pounds and has lost 'half my size,' making healthy choices has become part of my life. If you are looking for an extra person on your team to help you improve your life and meet fitness goals designed for you, I'd love to talk with you. Visit www.SusanCaldwell.com for more information.