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McAllister's Fitness
5/66 Railway Road
Blackburn Vic, 3130
Ph: 9877 0572
www.mcallistersfitness.com.au

Happy New Year and welcome to the first edition of the 2009 newsletter.

Well, we are all back into the swing of things now, and it's time to start focussing on the year ahead—and what a year it's going to be. This year is shaping up to be the year of change, and we hope that McAllister's will be a resource to help you change your life and create the person you want to be. As the industry evolves, the days of just concentrating on exercise and nutrition to get you healthy are gone: these days you have to have a holistic view of health to make significant changes. That being the case, we need to understand ourselves: we need to know why we do what we do and how to trigger a response that activates a mind-set change that creates long-term success.

This year we will cover many aspects of health in the areas of human behaviour, exercise and nutrition. Hopefully this will give you a greater understanding of how to achieve the changes you have always desired. We will have our usual segments: we will spend some time with a special guest and gain a little insight into their life, we will keep delivering our common-sense health information and keep you up to date with all the events and activities at McAllister's Fitness. With each newsletter we hope to inspire you with our quotes, tips and ideas on how to make getting in shape an integral part of your life.

Happy 2009 and may this be the year you reach your full potential, be inspired and help inspire others.

Danny

At McAllister's we believe that living a healthy lifestyle shouldn't be based on ridiculous fads, restrictive habits and senseless exercise regimes. Our motto is, "It's all about the heart" - have heart for what you do, heart for why you do it and a healthy heart to keep you doing it.

New Year's Re:resolution

It all starts with the chant of “Happy New Year”. We are happy and full of enthusiasm as we reflect on the previous year and forecast how successful we will be this year. It's going to be the year to make it all happen: become fitter, be more active, not stress as much—in a nutshell, get things done.



Millions of people make resolutions for what they will do more or less of this year, and in theory this is fantastic. It has a real feel-good factor about it, our emotions are stimulated and we get excited. That's the thing: we've had an emotional moment (increased by a few drinks) that manifests into a self-promise that, most times, we know we just won't keep.

Resolution power

It's estimated that 25% of all New Year's goals are broken in the first two weeks. By February 1 most people have become so disillusioned with their slow progress they have gone back to their old habits. This is when we start to find excuses and rationalise why we can't keep up the motivation or desire to persevere.

I think I can!

Let's go back to the midnight hour when everything was exciting. How confident were you when you decided to have your last cigarette, alcoholic drink, to stop eating crap or break a bad habit? Full of confidence, and why shouldn't you be? It's easy to go on a diet when your stomach is bloated from eating too much junk, give up smoking when you've just had a nicotine fix or change a habit when you're on a high. It's easy because you haven't had to confront any of the deprivation or discomfort that is to come.

You see, the thing with any behavioural change is that you have to go through an element of discomfort or sacrifice to achieve progress – it's called changing the standard. It's a shift in your mind-set, and unless you are disciplined, your irrational (emotional) thinking gets in the way.

Are we really capable of achieving success? Yes. Will we? Most likely not. Why? Because our desire for instant gratification is stronger than our resolve to strive for long-term results, and the lure of instant success easily outweighs logical thinking. Any behavioural change requires sustained and committed effort, and unless you are immune to discomfort, the excitement soon diminishes and your enthusiasm begins to wane.

Emotional rescue

Most people make New Year's resolutions because it makes them feel-good, and it's usually based around the emotions of the moment. We're emotional beings and this emotional response sets off a reaction to change. That reaction is the catalyst to do something different because if we keep doing the same thing, believe it or not, nothing will change – funny how it works like that.

This year, instead of making silly resolutions and hoping they last, why not take on the challenge and accept that it's not going to be easy. There will be some hard times ahead, but decide that this time you are going to commit to finishing what you started—no matter what obstacles you confront.

To enable success you have to change your behaviour and change the way you think. Only then will you be able to step off the perpetual cycle of starting and stopping, almost succeeding and then giving up.

How do you do that? It's not something that is mastered overnight or comes to fruition because you've made a resolution. It's something you need to plan for, work at and persevere with if you hope to make 200 successful year.

Here are a few tips to help increase the likelihood of success.



1. Examine your motivation for change

Is the change you desire just a feeling, or is it something that resonates deep enough to create long-lasting results? Is it something that you really want, or is it something others would like you to do? The thought of change is far more pleasing than doing it, so move away from the theory: develop a real desire and be prepared to make the changes needed to create success. Think about how much better your life will be when you succeed and what importance the impact will

2. Keep it to a minimum



Don't make huge lists of goals and things to do—keep it to a maximum of three. A long list only creates clutter and you will end up doing many things poorly as opposed to making one or two things happen. Too often we set ourselves up for failure by overwhelming ourselves with too many things to do.

3. Focus on your behavioural habits rather than on the goal

If weight loss is your resolution, don't get caught up on how many kilos you lose: focus on controlling your behaviour, thus setting up long-term habits. Creating life-long healthy habits is far more beneficial than short-term results that seldom last.

4. Be accountable

Work out what will keep you interested and motivated: it may be a friend, associate or trainer who keeps you on track and accountable; a visual image that is strategically placed as a constant reminder; or a reward that inspires you to stay focussed. Whatever it is, you need something to keep you going when all the excitement has gone.



5. Strive for excellence not perfection



No matter what, there will always be times when things don't go to plan. It's not the end of the world if things go wrong, don't lose faith and use it as an excuse to give up. It normally takes many unsuccessful attempts to make things happen, learn from them and move on. Perfection is a disease because you will never reach perfect. So instead of trying to be perfect, work on excellence—you will enjoy the journey so much more.

6. Work in chunks

Break things down into small chunks—work in three to four-week blocks. This is not only more practical, but your mind can conceive of it as do-able. That way you will tell yourself subconsciously that it's not that hard and you won't become overwhelmed.

7. Act on it

When is the right time? Most people wait for the right, or a more convenient, time to change behavioural habits. If you are serious about making changes there is no right time or moment, you just have to act immediately. Things don't just happen, you have to make it happen. It's time to stop thinking about it—get yourself moving and see how what seemed unachievable is very do-able once you have gained some momentum.

So stop making silly New Year's resolutions that you know you won't keep and find a true purpose for what you want to do—something that resonates with you, something that gets you excited enough to act. Then focus on one or two things you can do right now to make it happen. If you do nothing else this year, make sure one of your goals is to end the continuous starting and stopping in your pursuit of happiness.

Quote of the month

Many people look forward to the New Year for a new start on old habits.

—Author Unknown

Tip of the month



The national guidelines recommend a minimum of 30 minutes of physical activity at a moderate intensity to improve your health. This can be done most days of the week, but everyday is preferable.

In the beginning it can be hard to find the time, so rather than trying to make radical changes, why not start by aiming for two – three times a week. When you are doing it consistently, gradually increase the number of days you exercise. You will find this approach do-able and you will notice the benefits of exercising on a regular basis.

What's on

2009 Group Programs

This year we are all about commitment. The only way you can achieve your goals is to be committed to the cause. The group session types have remained the same (Alfresco, Express circuits and Pedal "N" Punch), but we have changed the structure to create commitment.



The sessions begin **Tuesday February 10th 2009** and will be as follows:

Tuesday	7 pm (30 minutes)	Pedal "N" Punch
Thursday	9.30 am (30 minutes)	Express circuit
Saturday	8 am (45 minutes)	Alfresco fitness
	9 am (45 minutes)	Pedal "N" Punch

- **All sessions involve a 6-week commitment**
- The 30-minute sessions are \$75 or \$15 per session.
- The 45-minute sessions are \$90 or \$17.50 per session.
- Six is the **minimum** number of people needed to start a group.
- The card purchased cannot be used in conjunction with any other session.
- There are no refunds or catch-ups for any missed sessions.
- Bookings are essential.

These sessions are designed to get you fit, be time efficient and keep you inspired—all at an affordable price.

[Click here to see a description of the session types.](#)

The final word

According to the master of happiness, Martin Seligman, finding your calling in life is the single most important investment a person can make for future happiness. Instead of trying to achieve the impossible, why not find your purpose in life, or what will make you happy, and begin to work on it immediately.

