



AS THE CALENDAR turns over to a new year, we all look forward to a fresh start. A chance to start something new, change our old ways and selves, and get moving in a positive direction. As someone who has seen people do this time and again, I have a few pointers to help those of you who maybe have tried to move in a new direction in years past and came up short along the way. Start your New Year here.

START WITH SMALL GOALS

Everyone has grand ideas of what they want to change and how they are going to do it, but the reality is that the bigger the goal, the more drastic the changes are. Some of us have developed habits that are so ingrained in our everyday lives we couldn't imagine a day without them! So start small, like giving up sweets during the week. Have one less soda a day. Eat one extra serving of vegetables with one meal a day. The more you see the success with these goals, the more you will want to do more. And that positive feeling will fuel bigger goals!


NAVIGATING THE PLATEAU

This is perhaps the biggest obstacle I see happen to people. They start off strong, see the results they wanted, and continue to push themselves. Then all of a sudden they stop seeing the results, they get disappointed and give up. DON'T. GIVE. UP! The quicker your gains, the quicker you lose them when you stop. Your body wants to go in steps, so don't fight with it! Take the plateau as a chance to change up your routine. Try a new workout program, push your running pace, eating something new you wanted to try. Stick with your program and have faith that as your body adapts to the new you, it will move forward once it has become accustomed to it.

FAILURE IS A GOOD THING

Remember that when you are working out, you are trying to push your body to its limits. Lifting heavy weights, running a longer distance, or trying to go for a new personal record requires you to go all out. Sometimes you may come up short, sometimes you might fail miserably in your attempt. THAT'S OK! The more you push your body to its limits, the better

suited it is to try again the next time around. The more you fail, the more you will see success with your weights, times, and weight loss!

Always remember that to see a change you have to change how you do things! Don't look for a quick fix. Look at this New Year as a chance to change how your daily activities and habits can adapt to this new you that you are striving for. It took you some time to get to this point in your life, and it will take some time to get to your new you. You owe it to yourself to make those changes to make 2019 your best year yet! 

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Kevin Barcal, founder of Breakaway Athletic Development in Lake Barrington, works with people of all ages and abilities who have made the decision to get fit, lose weight, or simply become healthier through a commitment to fitness. Barcal works with hundreds of student and professional athletes, including the two-time state champion Barrington High School Girls Soccer Team (winning both in 2017 and 2018). To learn more, visit www.BreakawayAthleticDev.com, or call 847-452-9720.