

Perform Ready Tips

How To Stay On Track In 2019 & Continue Building Healthy Practices

Our mission at Perform Ready is to help 'active individuals get out of pain and quickly back to full fitness without the fear of symptoms returning.'

At the start of 2019 we know that many of you will be embarking on new fitness regimes, starting new activities or increasing the frequency and intensity of your existing training habits.

We see and hear the New Year, new you, at this time of year, but as we all know, getting into a new routine is often much harder than we expect.

That is why so many people fall off, those New Year's resolutions falling by the way-side, for most only a few weeks into the New Year.

To stop this happening to you, we thought we would put together a quick handout to help keep you on track and get your 2019 off to a great start.

Ask Yourself Why???

If you really want your new routine to work and be able to stick to it, you must first acknowledge WHY...

In short, you need to identify the true intent and motivation behind your resolutions.

If you can link your resolutions to things that you value, then you are more likely to stick to them.

An example might be... 'My New Year's resolution is to go running more'

This on its own might not be enough, you need to link it to why going running more is important to YOU.

So, a better resolution might be...

'I want to go running more because after running I feel energised, I'm in a better mood and the improved fitness will get me in better shape'

Just by linking a resolution to what is important to you as an individual will make you much more likely to stick at it and turn this resolution into a habit.

So, make sure you ask yourself WHY???

Make A Plan

Life sometimes gets in the way.

Whether that's work, family or the other 101 things you need to do every day, these tasks often mean other activities, like our fitness habits, are difficult to stick to.

That is why you need to plan.

If you plan to exercise 2 hours a day, everyday of the week, unless you're a professional athlete or don't work, then this is going to be near impossible and a resolution you're not going to be able to uphold.

You need to pick and plan times in the week that you know you will have the opportunity to exercise.

Create a diary and plan these exercise slots into your week.

This will help ensure you make time for yourself and keep you on track.

Tell Someone Else About It

Be that a loved one, a colleague at work or a friend, voice your goals with someone else.

There is evidence to suggest vocalising your goals to others increases exercise adherence, largely because other people will keep you accountable and will support you with your new habits.

Having the support of others is shown to help people stick to healthy behaviour changes.

Even better, why don't you get a family member, friend or work colleague to join you and create new healthy habits for 2019.

By sharing your experiences with others will make your fitness journey easier and less frightening and increase your chances of getting your 2019 off to a great start.

Feel free to post your fitness and healthy habit goals on our Facebook Page [Here](#).

We know it's not easy to stick to a healthy routine consistently.

Hopefully these tips will help get your 2019 off to a great start and keep you on track.

Here's to a great 2019.