Revisit Your New Year’s Resolution:
Fitness Tips to Keep You on the Right Track

Jeff Ward, Head Athletic Trainer
Cal Maritime
Spring 2015
Benefits of Working Out

- Stress Relief
- Increased Energy
- Better Sleep
- Mood benefits / self-esteem / self confidence
- Better Grades
Goal Setting

- S
- M
- A
- R
- T
Goal setting

- **S**pecific – clear and easy to understand
- **M**
- **A**
- **R**
- **T**
Goal setting

- **S**pecific – clear and easy to understand
- **M**easurable – need to be quantifiable
- **A**chievable
- **R**ealistic
- **T**imely
Goal setting

- Specific – clear and easy to understand
- Measurable – need to be quantifiable
- Attainable – be realistic
- R
- T
Goal setting

- **Specific** – clear and easy to understand
- **Measurable** – need to be quantifiable
- **Attainable** – be realistic
- **Relevant** – Goals need to be important to you
- **T**
Goal setting

- **Specific** – clear and easy to understand
- **Measurable** – need to be quantifiable
- **Attainable** – be realistic
- **Relevant** – Goals need to be important to you
- **Time-bound** – goals need a deadline
Strategies and Pitfalls

- Make a plan – have a strategy for how you can complete your goals
Break it down into bite sized pieces – It is OK to have big goals, but break them down into manageable objectives.
Strategies and Pitfalls

- Go Public – Let people know your intentions. Hold yourself accountable.
Strategies and Pitfalls

- Make it visible – Out of sight, out of mind. Post your goals where you can see them often.
Strategies and Pitfalls

- Re-evaluate often – It is OK to tweak your goals regularly.
Prioritize – Be selfish, schedule yourself in!
Avoid social comparisons – Focus on self progress.
Strategies and Pitfalls

- Enjoy the Process – Choose goals you will enjoy working towards.
Learn from your mistakes – It is Ok to fall short of your goals, learn from the experience and try again!
Stay away from negative goals – Choose goals that are positive, it will make a difference!!