



Fall Fitness Challenge

Planning Ahead



A note from Jennifer Billa, Wellness Program Manager

It's hard to believe that winter is now just around the corner. To some of you, it may already feel like winter has arrived due to some recent cold fronts, or the holiday season brings up images of snowy backdrops, winter sports and toasty fires. Although this official change of season may not seem to bring anything new, 2014 is just a week away. The dawn of a new year often bring us to a point of reflection and goal setting. Whether you are inspired by a change of season, a new year or a new month, it is important to regularly evaluate your fitness plan and goals.

First of all, take a moment to look at how much you have accomplished since your last evaluation. It's always important to celebrate our successes. Write it down and reward yourself in some way, whether it is a pat on the back or a new pair of sneakers for the next 5K. Remember that just sticking with a regular exercise plan is something to be proud of. You are in the small percentage of the population that stays active and you will experience long-term health benefits from this practice.

Now, take a moment to reflect on previous goals that you've set. If you didn't quite meet them, think about what you could do to adjust the goal or how you can re-plan so that you meet your goal in the near future. If you didn't set any goals, just reflect on how satisfied you are with what you've been doing with your fitness plan this fall.

Take a moment to consider what you would like to accomplish this winter, next month or next year. Is it time to add something new to your fitness routine? We should all have a

combination of cardiovascular and muscular endurance or strength training along with some flexibility and balance and agility work. If you don't yet have the full package, consider what one thing you could reasonably add to your routine.

Perhaps you have all of these components, but feel you need more or less of one now. Consider your interest level with your current routine. Although some of us are content doing the same thing, some of us need new challenges or activities to keep us motivated. And most of us need to find some variety because our bodies adjust to what we've been doing. To experience new strength or endurance gains, we need to make changes within our current activities or try out some new ones.

Perhaps it is time to sign up for a new fitness class series, add yoga into our schedule or train for a special event. You may consider joining a gym, trying out a new sport or finding a fitness buddy. Maybe 2014 is the year to complete your first century ride or marathon, or just your first organized athletic event.

Whatever you choose as your goals for this next season, write them down and make them S.M.A.R.T. And don't forget to check-in at the end of the time period you set.

S.M.A.R.T. goals are:

- ✓ Specific
- ✓ Measurable
- ✓ Attainable
- ✓ Rewarding
- ✓ Timely

