

## **Some Tips to Keep Your Progress Going**

When you set a new exercise or health goal, the first weeks are full of motivation and intensity. However, if you're not careful, you can quickly see your progress stall out and become frustrated by a lack of results. This can happen due to a number of reasons, but with a few adjustments, you can get back on track to reaching your goals.

You must identify if you've been following a good exercise plan. If so, have you truly been sticking to it 100%? A good workout program will include mostly compound strength movements using your major muscle groups. Try tracking your workouts or putting your exercises in a checklist format to make sure that you are accomplishing what you want. There are numerous apps or online resources that can make this fairly easy to do. Doing only 60 percent of the work will get you only 60 percent of the results. Renew your commitment and stick to your plan for six weeks before thinking about altering it or switching to something else. Results that are lasting take time and too often we quit or take our foot off the gas right before we are about to see positive change. If you didn't do this in the beginning, get a body composition test. Your body will be making changes that you won't see on the scale or with the fit of your clothes. If you lose 1 pound of fat and gain 1 pound of muscle the scale doesn't change, but this progress will show up with a body composition test.

In order to see progress, week-after-week you must ask your body to do a little more than it's used to. One more rep, one more set, one more pound of weight on the bar, or a heavier dumbbell can signal progress. Just because 20 lbs. used to seem like a heavy weight doesn't mean it will stay that way. Eventually, it may start to feel easy and you must increase the weight in order to progress. Maybe five push-ups used to be challenging, but soon you'll be able to grind through 10 push-ups, then 20, and then you may want to add weight or even try a new variation. Embrace the fact that your body is adapting and don't be afraid to try something that previously seemed past your limits.

If you're confused by the concept of progressive overload (i.e. in order to see physical change or get stronger, we must continually ask our body to work harder and harder) or you're not quite sure how to go about things, make the needed corrections, etc., consider hiring a personal trainer to help you select the right exercises, perform a body composition test, and design a workout program for you. We can show you how to perform the exercises properly, track your progress, and ensure that each workout leaves you a little stronger for the next one.

So recommit to your goals, keep pushing yourself, and ask for help if you need it. Doing these things will surely help keep you moving forward and progressing. You'll be ready to show off all your hard work by this summer!

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