

4 Shrewd Methods For Achieving Your Fitness Goals

Description

Whether you're planning on running an ultra-marathon, or you are hoping to get up off the couch and do your first 5K, achieving your fitness goals can be tough. After all, there's so much stuff that can get in the way, especially when you are a parent. However, there are some tactics you can use to make attaining the goals that you set a lot easier. Read on to find out what they are.

Define

First of all, it can make a huge difference if you take the time [to define your goals](#) accurately. The reason for this is because when you know exactly what you are aiming for it is not only easier to judge when you have achieved it, but it also stays in your subconscious, and this can work in your favor, even when you are not actively pushing for it.

With that in mind, try and steer clear of goals that are too general such as getting fit, or losing weight. Instead, go for something specific such as being able to run a 10K race. Then you can work back from this and set intermediate targets such as running a 5K and jogging around the block that will help you stay motivated on your journey.

Time

Timing your goals is another method you can use to help you to achieve the targets that you set for yourself. It can work well because it gives you a date to work towards and provides a little time pressure that can act as a reliable motivator. Something that can help you out if you tend to put things off or make excuses as to why you can't workout today.

To time your fitness goals in the most effective way, it can help to record the date you are aiming for in your [planner, calendar or diary](#). Then you can also use this to track your progress and ensure that you are doing enough to achieve your end goal by the date you have set.

Reward



[Image link](#)

Reward and celebrate goals that are achieved.

Rewards are one of the best strategies to use when you are trying to achieve a fitness goal. The thing is, to work, they need to be tailored specifically to your preferences and what motivates you.

With that in mind, if you are looking to shred down and lose a little weight, a smart shirt like ones in the [John Henricâ€™s US collection](#) can be a good reward. While if you are aiming at improving your fitness and health so you can be a more active dad, a fun family day out can work just as well.

Record

Lastly, something that can be hugely helpful in achieving your goals is to record your progress and when you get to a milestone. You can choose to do this using a fitness wearable, in a notebook, or chart, or [even online like this](#) to help you acknowledge and celebrate your success.

Something that can spur you on, and even remind you that you have the strength to succeed in your fitness goals when you are having a particularly bad day.

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