

How to Set Fitness Goals for 2019 That You Will Stick to

Setting clear objectives keeps people motivated, and it can even increase your desire to be productive and achieve things. This is true for all aspects of life from work-related goals to personal fitness goals. It is easy to become complacent when goals are not set since you often find yourself merely going through the motions instead of working towards something that will make you feel good.

Here are a few tips that will help you set realistic fitness goals that you will be able to stick to in 2019:

1. Set SMART goals

The acronym SMART is used by many large companies to help them set viable goals. It represents the things a person should put into consideration when setting objectives. The goals must be Specific, Measurable, Accountable, Realistic and Timed (meaning you give yourself a specific time period to complete the objective).

Making sure your goals meet all these requirements makes it a lot easier to attain them. For example, setting a goal to lose some weight is way too vague. It is easier to convince yourself you are sticking to the plan when you are not holding yourself accountable. Instead, set a fitness goal of losing X kg in the next three months. Weigh yourself weekly and document your progress.

2. Hold yourself accountable

Setting a fitness goal and taking it seriously are two different things. Telling people about your goals can make you more accountable, but there are some studies that indicate it opens you up for judgement if you are not able to reach it.

It comes down to what you are comfortable with. Tell people around you or write your goals down somewhere you will see it often. For example, you can make your goals the wall paper of your smart phone or laptop, or you can write it down on a bulletin board in your workspace. Come up with creative ways to constantly remind yourself about what your goals are.

3. Remain dedicated

Consistency goes a long way when it comes to accomplishing goals. When you do something regularly, it becomes part of your routine. It is the little things like these that bring you closer to your fitness goals. Come up with a routine that brings you towards your goals and stick to it religiously.

Try to plan your workouts so that they are on the same days, at the same time each week. If you do happen to miss a workout, it isn't the end of the world. Make it up the next day and continue with your routine. Try not to take any breaks from your routine unless it is a planned rest week.

4. Make adjustments as necessary

How your body feels can be a good indicator of how hard you are working or if you need to work harder. For example, if your new fitness routine leads to an increased heart rate, that can be a sign that you need to reduce the intensity of your workouts. Conversely, if you are barely sore the day after a workout, that might be a sign you need to make your workouts a bit more intense.

Your workouts should also be adjusted towards your goals as you progress. If you are looking to build muscle, for example, you want to use heavier weights once you can do more than 12 reps with the weight you are currently using.

5. Track your progression

Keeping track of your progress is a very effective way to hold yourself accountable. Smartphones can be very helpful for this since there are a countless number of fitness apps that can be used to track your workouts and diet. Many of these apps can also be used to track fitness markers like your heartrate, stress levels, weight or body fat percentage.

Of course, old-school methods of tracking fitness goals like workout sheets still work, so use whatever feels more comfortable.

Monitoring your progress gives you reliable information that can be used to determine if your workouts are effective or not. It makes it easier for you to spot the things you need to work on.

6. Don't hesitate

It is simple impossible to predict what the future holds. Delaying your goals often ends up making them more difficult to achieve. Now is the perfect time to take life by the horns and begin your quest towards your fitness goals.

Make sure you goals are SMART and get started on them the first chance you get. By the time you are one month into your new fitness routine, it will be part of your regular schedule.

7. Eat Healthy

Working out is only half of the equation when it comes to reaching your fitness goals. The things you put inside your body also play a very important role. When it comes to sticking to a diet, it is often easier to stick to one if you factor in allowances for life, energy levels and your different moods.

It simply doesn't make any sense to go through life not being able to enjoy the things you like. Come up with a diet plan that moves you towards your goals, but do not eliminate all the things you like that are not necessarily healthy foods. Add them to your diet in moderation. For example, if you absolutely love eating glazed donuts, incorporating them into the meal you have before going for a physically intense activity like Brazilian Jiu Jitsu or Muay Thai doesn't affect your diet much. The sugar calories are quickly burned off, while giving you an energy boost for your training session.

Also, having a cheat day doesn't really negatively affect most diets, and it can go a long way when it comes to keeping you happy and feeling content with yours. It also makes it easier for you to maintain your quality of life. For example, if you often have family gatherings during the weekends where there is an abundance of your favorite dishes, make that day your cheat day and feast until you are content.