

## **Have you Already Given up on an Exercise Program this Year?**

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Weather can be 'iffy'. Motivation can be tricky. New Year's resolutions can seem a million years old by now. No wonder they say that staying motivated is the oldest and biggest problem in health and fitness! Data from several studies has even shown that most people are most likely to give up on their New Year's fitness resolutions by mid-January. In fact, the second Friday in January is often referred to as Quitter's Day, when many people will abandon their set resolutions. Have your resolutions outlasted Quitter's Day in 2025?

It's hard to make the "new year, new you" mindset stick. One day we're exercising and patting ourselves on the back for a job well done, and before you know it, you haven't been to the gym in weeks and that pesky weight is back on and so is the guilt and frustration. However, in the moments of frustrations and self-doubt it's important that you just KEEP GOING!

Let's look at 3 reasons why we give up on exercise and why we shouldn't give up.

1. **NOT LOSING WEIGHT.** If you exercise to lose weight, it's not surprising that you expect to lose weight. However, there may be a point in time in your program where you may not lose any weight. When this happens you may be ready to throw in the towel, but this is the precise moment you need to keep going!! Why? Because you may be losing inches instead of scale weight, which means you are getting results, just in a different way. Aside from weight loss, when you regularly exercise, you are decreasing your risk for pre-mature mortality, cardiovascular disease, hypertension, and stroke. Not to mention decreased risks for osteoporosis, Type II Diabetes, metabolic syndrome, depression, falling and diminished cognitive function, the list goes on and on!
2. **ACTUALLY GAINING WEIGHT.** You may be thinking, 'Not losing weight is bad enough, but I have actually gained weight!' This is much more common than you may think but here's why you shouldn't give up: sticking with the plan is always the best! When you start an exercise program, your body naturally goes through many changes in the first couple of months. A new exercise regimen puts stress on your muscle fibers, which causes small micro tears and inflammation in the muscles. This combination may be the reason for some initial weight gain. Another main culprit is water retention, and this is a result of the body's healing process from exercise. The most common culprit to gaining weight while exercising is calories. We must be sure to not overeat! Just because we had a good workout, does not automatically mean we can indulge in as many 'sugar coated lies' as we want! Be sure to balance nutrition with your exercise program.

3. WE GET BORED. If you do the same thing over and over or do exercises you don't like doing, you won't find the joy exercise can bring. Here's what we must remember when we want to give up due to boredom: it's not the exercise's fault! There are always ways we can change up our workouts. If you are competitive, train for a race or competition. If you don't like exercising alone, attend a group class or exercise with a friend. There's always a workout regimen that is suited for any individual, you just have to find it. No matter what you do for your exercise, always make your exercise count!

If you'd like some help on your goals and/or motivation, give me a call at 574-936-2333 and ask for Shelley! 😊 I'd be happy to help you overcome whatever obstacles you're facing! We are open 6 days a week: Monday-Thursday 5am-8pm, Friday 5am-6pm and Saturday 7am-2pm. We have also added our Fitness Forum After Dark hours which include Monday -Saturday 8pm-1am. See ya at the gym!

Don't give up on yourself! Here are some tips to be in the 6% of successful goal-setters this year, according to the experts.

1. Make a realistic plan. Set a goal and break it into smaller, more manageable parts.
2. Find an accountability partner.
3. Keep it simple. Stick to just one or two goals.
4. Act like someone who has already met the goal. Fake it 'till you make it.
5. Celebrate Success!

According to a 2023 study by Dr. Michelle Rozen, a bestselling author and psychologist, findings suggest that only 6% of people keep their New Year's resolutions. Nearly one-third of goalsetters abandon their aspirations in January and another 63.5% of participants stopped pursuing their goals in February. Only 53 people reported sticking to their goals by June! There's NO DOUBT that sticking to an exercise program can be difficult!

It's the first week of January, which means gyms are likely packed, "Dry January" is as hip as ever and it seems as if everyone is looking to shed a few pounds. 'Tis the season for New Year resolutions. But how long will those goals last? And how many people will see their resolutions continue through an entire calendar year?