



## ac·count·a·bil·i·ty [əˌkoun(t)əˈbɪlədē]

NOUN - the fact or condition of being accountable; an obligation or willingness to accept responsibility or to account for one's actions.

Humans are social creatures, and group dynamics make us do amazing things. When we are answering to other people, we can do things we

can't do on our own. Ultimately, accountability calls us to a life in which our actions are consistent with our values. When we're accountable, we take responsibility for ourselves and for the life we want. We show up and do our part. We are much more likely to be successful when we are held accountable...

Having to report your progress to someone is a great tool to achieve a goal or make a change. No one likes to report that they are not succeeding or not put any effort into something. When you only answer to yourself, even the most disciplined find it easier not to look at our shortcomings, mistakes, or lack of progress and tuck it away into the back of your mind. When you are accountable to a mentor, a partner or a coach you know you will have to tell them exactly what you've been up to. That in itself can keep someone consistently progressing. Being accountable can also create consistency. You are much more likely to continue working on something consistently when you know that periodically you will be checking in with status updates.

When people who want to make changes in their life don't succeed, it's not always because they lack the tools to make the change, it is because they lose focus along the way. Being accountable creates a constant reminder and helps to retain focus through the process of the change and possibly beyond.

Accountability matters. We all let ourselves down in small ways, every day (we run the yellow light, we text on the freeway, we hit the snooze button, we tell a while lie, we don't floss our teeth, we snap at our kids, we skip the gym). When we have to also let other people down, for whatever reason, we are less likely to do so. The group mentality is hugely helpful for creating new health habits.

We all know the hardest part of getting fit isn't completing your workout, but starting it in the first place. After all, it's one thing to say you're going to stick to an exercise or wellness routine — and another to actually do it. Unfortunately, actually getting (and staying) accountable to your goals is far easier said than done. And without a healthy sense of accountability, your goals will be abandoned before it even gets traction.

\* For more information about accountability groups and coaching go to [beyondpersonaltraining.org](http://beyondpersonaltraining.org) or contact Becca Murphy at [bmurphy@fa.midco.net](mailto:bmurphy@fa.midco.net) or 701-361-4628

If you simply have a goal or desire, the odds are against you...

Consciously deciding to achieve something increases your chance from 10% to 25%

Once you decide when and have a clear how, your chances of succeeding become 50%

When you commit to someone that you will do it, your chances increase to 65%

When you create a specific accountability appointment with someone you are committed to.

The odds increase to 95% in your favor for success!



FREE IN APRIL

Tuesdays & Thursdays  
 4/9, 4/11, 4/18, 4/23, 4/25 &  
 4/30 Core Conditioning @  
 noon in the Elite Yoga Studio

Join us!

# Workout of the Week

Repeat 3-4 Rounds followed by 3 rounds Tabata 20/10 x 8 sprint intervals



Goblet Squat with Rotational Press x 10-12 total

Walking Lunges with Oblique Twist x 10-20 total



Reverse Lunge with Trade x 10-20 total

Single Arm Floor Press x 8-12 each arm



Lunged Kettlebell Row x 8-12

Kettlebell Swings x 20



## (Quick & Easy) Asian Noodles with Rotisserie Chicken and Vegetables

### Ingredients

- 1-2 tablespoons sesame oil
- 12 ounces broccoli slaw mix or stir-fry
- 2 packages chicken-flavored ramen noodles
- 1 rotisserie chicken, meat removed & chopped
- 1/2 cup Thai peanut dipping sauce

### Instructions

1. In a large skillet, stir-fry slaw mix and sesame oil.
2. Cook noodles according to package instructions. When done, drain liquid from noodles.
3. Toss hot noodles with vegetables, chicken and peanut sauce.
4. Garnish with chopped green onion, cilantro and crushed peanuts, if desired.

**Nutrition Facts** (per serving-4): Calories – 252, Fat – 11.0g, Dietary Fiber – 2.3g, Protein – 14.0g,