

The six-pack can wait, how to set fitness goals you will actually keep

Most of us have, at some point in our lives, looked in the mirror and decided we need a radical image overhaul – especially in January. Then, when we don't achieve the desired six-pack within a month, we tumble off the fitness bandwagon. But is there a way to set realistic, useful fitness goals that will keep you motivated as the nights draw in and the prospect of an extra hour in bed trumps a workout?

First of all, think about the goals not to make — keep in mind that exercise alone won't change your body shape. If you are looking for major fat loss, you will have to look at diet, too. “People underestimate the amount of effort physical transformations take,” says Hannah Lewin, a personal trainer. She advises clients to focus on positive fitness goals instead — running 5km or deadlifting 30kg — rather than aesthetic goals that will require drastic lifestyle overhauls.

Next, the personal trainer Ruby Tuttlebee advises starting small and building up. Something straightforward, such as a **press-up**, is a better bet than aiming for a **triathlon** right off the bat. She also suggests having a series of goals. When you have mastered a perfect press-up, set a new goal of five press-ups in a row, then 10, then 20.

press-up 俯卧撑

triathlon 铁人三项

Always reward yourself for achieving your goals, however small. “Even if just walking through the door of your gym is your first goal, you've achieved it — so well done,” says Tuttlebee. Above all, remember that your goals are yours alone, she says. “Make it your own. Tailor it to you.”