

Media Release For Immediate Release

HOW TO MAKE YOUR NEW YEAR'S RESOLUTIONS A PERMANENT CHANGE

Every year many Australians make New Year's resolutions to lose weight, do more exercise or make permanent changes to their health, such as giving up smoking. We all start with good intentions but that resolve often falls by the wayside once the initial determination has worn off.

Fitness First Health and Fitness Advisor, Michael Cunico says making small changes on a regular basis will help you make lasting changes to your lifestyle.

The start of a new year is the perfect opportunity to take a look at yourself and work out if there are changes you would like to make to your lifestyle, said Cunico.

Once you've worked out what changes you'd like to make - don't go too hard, too quickly.

You need make small changes on a weekly basis, such as giving up soft drinks and taking the stairs instead of the escalators or lift.

Once you've achieved those goals for a week, you know that you can make another change the following week.

Before you know it you'll have changed habits you never dreamt you could live without.

Michael's other top tips for making permanent changes to your lifestyle are:

1. If you're time poor take that into account when trying to plan exercise. Incidental exercise can be an easy way to be more active. For example: park at the back of the car park forcing yourself to walk to the entrance of shops, or use a basket rather than a trolley when doing your groceries!
2. Speaking of groceries, a simple rule when doing food shopping is to try and stick as much as you can to the perimeter of the shops. This is where you will find mostly fresh produce and the foods you should be trying to eat the majority of the time.
3. Convince a friend to be part of your journey. Having someone to share the experience will be more rewarding and they can also keep you accountable to your goals and help you through the challenges you may face.
4. Include resistance training as part of your weekly training plan. Muscle burns fat so if you can increase your lean muscle mass you will become a fat burning machine! This includes women. Don't worry about bulking up as women naturally don't have enough testosterone to put on lots of muscle mass. Ask any guy who has tried to put muscle on how hard it is!
5. If you have no experience with training, enlist the help of a personal trainer, even if it is only to get started. They will help with direction for your training and show you the correct exercises for your training goals. To keep the cost down bring along your training buddy!

6. Find a sport or outdoor activity you enjoy and exercising will be less of a chore. If you played tennis when you were younger, have a weekly hit out with a friend. If you enjoy the outdoors find a local walking track.
7. Do not get disheartened when things become unstuck. Aim to stick to the 80/20 rule - do the right things 80% of the time and allow yourself some indulgences 20% of the time.

Fitness First is committed to making Australia a fitter place . take stock of the way you live and commit to making changes to your lifestyle that will make you healthy and fitter.

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Further media information/interviews:

Zannie Abbott, Media Opps 0418 274 291

Nicole Browne, Media Opps 02 9954 7677 or 0414 673 762

About Fitness First

Fitness First is the largest privately owned health club group in the world with over 540 Fitness First clubs worldwide reaching over 1.4 million members in 19 countries. In Australia there are 92 Fitness First clubs with over 350,000 members. Every month there are more than 2 million visits to a Fitness First club in Australia, with over 200,000 personal training sessions and more than 20,000 Group Exercise classes. Our mission is simple. We want to make the World a **fitter** place.

www.fitnessfirst.com.au