



Media Release  
For Immediate Release

## RENEW YOUR NEW YEARS RESOLUTIONS

Did you resolve to change your health and fitness habits at the beginning of January? Did you spend the first couple of weeks of January on a diet, trying to exercise every day and have now fallen off the wagon? Have your bad habits crept back in to your life?

It's a common problem and stems from our desire for instant change.

Michael Cunico, Fitness First Health and Fitness Advisor says that focusing all your energies on one big goal can be a mountain of pressure and what we should be doing is resolving to make some lifestyle resolutions over time.

Think about what you felt like when you were at your most comfortable with your appearance. Compare that to where you are now, and how you feel now, says Cunico

Now write down some things you need to change, if you have a list of 10 things, pick the easiest to do first.

You will surprise yourself with how much you know and how much you are aware of the things you need to do - now you have a target list of things you'd like to change.

Michael recommends the following tips to make permanent changes to your health and fitness.

- Include someone else who you know will support you in making these changes such as a close friend, partner, or a trainer. Involving someone else will increase your level of compliance as there will be another person you are accountable too. If enlisting the services of a personal trainer, it may be more economical if you train with a buddy as you can split the costs plus both receive professional guidance.
- When looking at your diet:
  - Always include some protein in your breakfast - it will keep you fuller longer and will also prevent over consumption of processed carbohydrates, particularly prevalent in most breakfast menus
  - Replace snacks of muffins and biscuits with fruit and raw nuts
  - For lunch and dinners, stick to lean meats and fish with salads and vegetables
  - Drink 8-12 glasses of water a day . it will keep you fuller for longer and cut out those extra calories in soft drinks and cordials
- Acknowledge to yourself that these changes will be really difficult initially as you will be trying to break patterns that have been established for some people over years. Be realistic about the effort it requires, but remember that a longer, healthier, more active life is worth the change.

Fitness First is committed to making Australia a fitter place - so get out and get active to enjoy your life more this year.

**Ends**

### **Further media information/interviews:**

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### **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](http://www.fitnessfirst.com.au)