

Top 10 Fitness Tips for the New Year
Mercy Circle of Care
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Do you have a New Year's resolution? Well, if you're like most Americans, you have at least one resolution that is related to health and fitness. This year, **Mercy Circle of Care** wants to help you take control of your health. We have some simple tips that will help you succeed at keeping your health and fitness resolutions.

1. **Have a game plan.** It is important to have a plan for how to keep your New Year's resolutions. Whether you want to lose weight, quit smoking, or eat better, we recommend that you write down what you want to do and how you are going to do it. This will help you to succeed at keeping your New Year's resolution.
2. **Set realistic and obtainable goals.** Resolving to lose 30 pounds in one month is not realistic, but promising to include daily physical activity in your life is very possible.
3. **Break down your goals into smaller ones that you can reach along the way.** Instead of one BIG goal, break it down into smaller pieces. This will help you reach your ultimate goal. For example, if your ultimate goal is to lose 20 pounds, you can have your first goal to be to lose 5 pounds; your second goal could be 5 pounds, and so on.
4. **Learn that mistakes happen.** Nobody is perfect. We all slip on our new year's resolution. Don't let one slip (or two or three) force you to quit. Just pick yourself up and keep going.
5. **Reward yourself.** If you stuck to your resolution for two month, reached a smaller goal, or had a great week, treat yourself to something special for your hard work.
6. **Have fun.** Choose activities that you enjoy doing. If your goal is to workout, but you hate going to gym, choose an activity that can be done at home or in a non-fitness setting. Doing something that you like will help you stay on track with your fitness plan.
7. **Get support.** Having a support system of family and friends can help you succeed at keeping your resolutions. They can help you stick to your goals and hold you accountable.
8. **Keep a journal.** Keeping a journal is a wonderful way to keep motivated, track your progress, and share your thoughts and feelings.

9. **Review and re-evaluate.** It is important that you review what you've done and change your plan if you are not making progress or have reached your goal.
10. **Don't do it alone! Get professional assistance – call Mercy Circle of Care at 215-863-6100.** We have three fitness centers and experienced staff that will help you create a personal fitness program to help you reach your goals.