

# 5 EASY STEPS

to Kickstart Your Fitness Results  
by Michael Cruthird



**WickidFIT**

ONLINE FITNESS & WEIGHT LOSS COACHING

# 5 Easy Steps to Kickstart Your Fitness Results

Everyone who starts, or restarts a fitness program for that matter, to get in shape wants the same thing, results! But, how do you get them? How long does it take? What's the right program or fitness regimen? Do you hire a trainer? Join a gym? Take some fitness classes? Follow Jenny Craig, Weight Watchers etc.? It can be daunting and confusing. Thus, it may even prevent you from getting started! No worries though, follow these 5 steps and you'll be on your way to better fitness.

## **Step 1. Determine and set realistic goals and then, write them down**

Setting goals that are realistic is the simplest way to get started on your journey. You might begin simply like to cut out sugar in your coffee or take the stairs at work instead of the elevator. If you know you'd ultimately like to lose 40lbs. overall, it can be hard to envision how you're going to get there. However, if you start with a smaller goal of 10lbs. in 6 weeks, it will seem more easily attainable and tangible to you that you can do that with some lifestyle changes and some type of regular exercise. Then you set your next goal and achieve that. Before you know it, your results add up to the 40 lbs. weight loss you ultimately wanted.

## **Step 2. Pick a type of exercise method or type of training that seems like it'll be specific to your goals and/or be more fun for you**

If you like dancing, try Zumba classes as your exercise method. If you like running, jogging outside or on a treadmill may work for you. If you want more flexibility and like a smaller and more personal environment you

might like a Pilates or Yoga in a studio. Like bike riding? Spin classes might keep you riding on. If you want to improve muscle firmness, tone and strength then progressive resistance training may be best etc. You are more likely to stay committed, and minimize disinterest, if you choose an exercise method that will deliver a specific result and or is more fun for you.

### **Step 3. Invest in professional guidance in the area(s) where you need it most**

For example, investing in personal training can expedite your results, minimize trial and error, and keep you motivated. You can join a gym and hire a personal trainer to get you started. Or you may want to get semi-private Pilates or Yoga lessons. Weight Watchers may be your choice for professional nutritional guidance. You may even want to exercise at home due to convenience or the desire to keep your exercise private. These days, you can even invest in an online personal training coach to help design a customized fitness regimen and nutrition program, to utilize at home or the gym, that gets you started on the right foot and holds you accountable, but is far more economical than one-on-one personal training. Whatever your choice, starting with some professional guidance is more likely to help you stay on track and achieve your fitness and dietary goals.

### **Step 4. Make time for your exercise training and/or nutrition program**

It's too easy to say you don't have time. You may have a busy lifestyle, job, children, spouse or family obligations etc. But if you don't carve out some time for you, no one else will do it for you. You determine what you do with your time every day. Sleep 'til 7am or get up at 6am to exercise at home for 30 minutes and eat a healthy breakfast to start the day. If you

work 10-12 hours a day, 5 days a week and have a 1hour commute etc., it may not be realistic to say, "I will go exercise 5 days a week". But one or two days during the week, plus one day on Saturday or Sunday may be. Got a new nutrition program? Create time in your schedule to go shop for the new healthy foods you'll need to get you started. Nutrition programs and fitness regimens don't work if you don't make time for them regardless of whether you have guidance from a personal trainer, nutrition coach or instructor.

### **Step 5. Journal and or track your fitness results and accomplishments**

Journaling is like talking to yourself, but in a good way. It reinforces what you're doing and why. When you write in and then read your daily or weekly journal and track your accomplishments, then it's easier to stay on track, be confident you're doing the right things and measure results. You can include your current fitness level, measurements and biometrics as well as journaling your food, exercise and/or simply the challenges or triumphs of each day during your journey to get fitter. You can use a traditional hand-written journal, journal online or even track your food workouts and results with one of the many fitness apps or fitness trackers. Ultimately, you will assist yourself with your own motivation by journaling and tracking your progress.

These aren't the only steps that will help you determine your fitness results, but they are easy to follow and a very good guide and blueprint to get you started!

Michael Cruthird

*Wickid Fit - Online Fitness & Weight Loss Coaching*

Contact: [michael@wickidfit.club](mailto:michael@wickidfit.club)

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