

# Resolution Reboot – Recharge Your Workout

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As the spark of New Year's resolutions begin to flicker out and determination begins to wear off, many people begin a never-ending battle to beat the resolution slump. In fact, research shows at least a third of New Year's resolutions are abandoned before the end of January and less than 25% of them are Long-term.

In order to help consumers beat this all too common issue, Michael Watkins, owner of Fitness Together in downtown and South Tulsa and 10 year personal training veteran, offers tips on how to reboot and recharge fitness goals.

"People need to keep in mind that most resolutions, especially those that include improving one's physical health, are meant to be long-term and not quick fixes," said Watkins. "Keeping your self-motivated takes hard work. And just as you would recharge a battery on a mobile phone, a New Year's resolution may need a recharge as well."

Allison Sweeney, host of the popular weight loss TV show *The Biggest Loser*, echoes Watkins' comments on people who continue to fight the good fight. "One of the things I like best about 'Biggest Loser' is being around people who are trying to make the right choices. When you feel defeated about your weight and your health, like there's no hope, and you still make the choice to fight for it, to make the change happen no matter what people say or think, that's inspiring to me."

Watkins offers the following tips to help people stay motivated and engaged in their workout after the new year:

1. **Mark your calendar.** Specify a date and time for your workout in your calendar as you would any other appointment. This makes it harder to skip or forget!
2. **Think ahead.** Start preparing for your workout the night before by packing a gym bag and putting it by the front door so you're reminded of where you'll be headed after work.
3. **Take Baby steps.** Most goals, especially fitness goals, are more successfully achieved when they are broken down into a series of smaller goals or actions. Planning your strategy to take advantage of a series of smaller achievements will give you a great sense of accomplishment and the motivation to continue.
4. **Pick a buddy.** To prevent boredom and maintain your motivation, find a friend ( or four!) to adopt a similar exercise schedule. Studies show that training with others is more beneficial than training alone.
5. **Recruit professional help.** Personal trainers are a valuable fitness resource for exercise ideas, technique assistance and support. Working out with a personal trainer means burning more calories and improving all health related aspects of fitness, including cardiovascular endurance, muscular strength, muscular endurance, body composition and flexibility.

"One thing to remember when working towards achieving a fitness goal or sticking with your New Year's resolution is that when you hit a bump in the road, keep going." added Watkins. "Utilizing the above tips can help you stay on track and ultimately achieve the results you were working towards."

For more information on Michael Watkins visit [www.PersonalTrainerTulsa.com](http://www.PersonalTrainerTulsa.com).