

5 Surefire Health Tips

- 1) **Ditch the yearly resolutions** - Instead, set monthly goals or checklists. See what you've accomplished at the end of each month and build on what is working for you.
- 2) **Set a fun goal for the summer** - Pick something you've never done but always wanted to try: join a beach volleyball team, run a 10K, do a dragon boat race, or register for tennis lessons. It doesn't matter what you pick - mark it on your calendar and make it something to train for and look forward to.
- 3) **Start slow** - People tend to jump into new programs looking for a quick fix to their fitness woes but often quit when it becomes too much or they get injured. Make a realistic and sustainable plan instead.
- 4) **Hire a personal trainer** - They can help you with that realistic and sustainable fitness plan. There is more to building a good workout plan than most people can ever imagine and hiring a trainer to make a customized workout based on your goals, workout history, and fitness assessment results will ensure that you are training in the most efficient and effective way possible.
- 5) **Toss your scale** - Your weight is not a true measure of your health. Rather than trusting the scale, measure the progress you are making towards your goals by how you feel...strong, energized, and confident!

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Kathryn McKenzie is a Personal Trainer and Sport Conditioning Specialist who owns Surefire Fitness in Winnipeg, MB. She enjoys playing a variety of sports and helping others to feel healthy and strong. She also dreams of the day when chocolate is considered an actual food group.

Learn more about her and Surefire Fitness at www.surefirefitness.ca