[00:00:03 Announcer](https://livemissouristate-my.sharepoint.com/personal/er73s_login_missouristate_edu/Documents/Transcribed%20Files/mo-state-journal-jan-9-2024.mp3)

[The Missouri State Journal, a weekly program keeping you in touch with Missouri State University.](https://livemissouristate-my.sharepoint.com/personal/er73s_login_missouristate_edu/Documents/Transcribed%20Files/mo-state-journal-jan-9-2024.mp3)

[00:00:10 Emily Yeap](https://livemissouristate-my.sharepoint.com/personal/er73s_login_missouristate_edu/Documents/Transcribed%20Files/mo-state-journal-jan-9-2024.mp3)

[With the new year comes resolutions. One of the most popular ones revolves around fitness and a healthy lifestyle.](https://livemissouristate-my.sharepoint.com/personal/er73s_login_missouristate_edu/Documents/Transcribed%20Files/mo-state-journal-jan-9-2024.mp3)

[The challenge for most people, however, is sticking to them long term. I’m Emily Yeap.](https://livemissouristate-my.sharepoint.com/personal/er73s_login_missouristate_edu/Documents/Transcribed%20Files/mo-state-journal-jan-9-2024.mp3)

[Joining me today to talk about how to be successful in keeping your health and fitness resolutions is Allison Kramer, a Missouri State University](https://livemissouristate-my.sharepoint.com/personal/er73s_login_missouristate_edu/Documents/Transcribed%20Files/mo-state-journal-jan-9-2024.mp3) [[exercise and movement science](https://livemissouristate-my.sharepoint.com/personal/er73s_login_missouristate_edu/Documents/Transcribed%20Files/mo-state-journal-jan-9-2024.mp3)](https://www.missouristate.edu/Kinesiology/ExerciseandMovementScience/default.htm) [alumna and former personal trainer at the](https://livemissouristate-my.sharepoint.com/personal/er73s_login_missouristate_edu/Documents/Transcribed%20Files/mo-state-journal-jan-9-2024.mp3) [[Foster Recreation Center](https://livemissouristate-my.sharepoint.com/personal/er73s_login_missouristate_edu/Documents/Transcribed%20Files/mo-state-journal-jan-9-2024.mp3)](https://www.missouristate.edu/Recreation/Facilities/foster-recreation-center.htm)[.

00:00:38 Allison Kramer](https://livemissouristate-my.sharepoint.com/personal/er73s_login_missouristate_edu/Documents/Transcribed%20Files/mo-state-journal-jan-9-2024.mp3)

[For the new year, obviously a lot of people are setting health and fitness goals, and I would suggest starting small, so that would be not going cold turkey into I'm going to work out seven days a week, eat healthy, all three meals of the day.](https://livemissouristate-my.sharepoint.com/personal/er73s_login_missouristate_edu/Documents/Transcribed%20Files/mo-state-journal-jan-9-2024.mp3)

[I would suggest starting with maybe just going to the gym once or twice a week to begin with, and then once you get in the routine and habit of doing that, then include more days that you're going to work out or go to the gym and on the diet side, instead of just telling yourself you're going to start eating whole foods and eating clean three meals a day, I would suggest starting with like for breakfast you're going to start eating healthy and then once you get in the routine of eating a healthy breakfast, then start incorporating healthy breakfast and lunch and then eventually all three meals of the day if that makes sense. So gradually working towards making it a lifestyle and goals are, of course, great to implement to keep you motivated, but in the end, everybody should reach a goal of having a healthy lifestyle, not just being healthy for like the summer or something like that.](https://livemissouristate-my.sharepoint.com/personal/er73s_login_missouristate_edu/Documents/Transcribed%20Files/mo-state-journal-jan-9-2024.mp3)

[For choosing achievable and realistic goals, think about where you're starting. So if you're brand new to working out, don't really look at what you're eating then that's when it's most important to start small. If you're someone that is already kind of into the gym, just wants to maybe start something new then I would suggest making a more specific goal, like maybe you want to run a 5K or lift a certain amount of weight, join a power lifting meet, something like that to really look forward to.](https://livemissouristate-my.sharepoint.com/personal/er73s_login_missouristate_edu/Documents/Transcribed%20Files/mo-state-journal-jan-9-2024.mp3)

[00:02:22 Emily Yeap](https://livemissouristate-my.sharepoint.com/personal/er73s_login_missouristate_edu/Documents/Transcribed%20Files/mo-state-journal-jan-9-2024.mp3)

[If one of your goals is weight loss, Kramer has this helpful advice.](https://livemissouristate-my.sharepoint.com/personal/er73s_login_missouristate_edu/Documents/Transcribed%20Files/mo-state-journal-jan-9-2024.mp3)

[00:02:26 Allison Kramer](https://livemissouristate-my.sharepoint.com/personal/er73s_login_missouristate_edu/Documents/Transcribed%20Files/mo-state-journal-jan-9-2024.mp3)

[A lot of people have the goal of weight loss. That's very common. I think it's one of the top five goals every single year.](https://livemissouristate-my.sharepoint.com/personal/er73s_login_missouristate_edu/Documents/Transcribed%20Files/mo-state-journal-jan-9-2024.mp3)

[I would suggest more looking at body composition versus your weight, which is percent body fat versus percent fat free mass of your body. So instead of looking at the scale, while that's a good indicator if you're making progress, looking at your body composition is more telling of if you're making progress because muscle weighs more than fat. It's more dense than fat. If you're holding the same amount of fat and muscle in your hands, the muscle is going to weigh more than the fat. That's why you might not look any thinner, but you might have gained muscle, which ultimately that is what tone is. So if you're gaining muscle when you start to work out, then you might not see changes in the weight scale and that can kind of hinder your mental if you're not seeing that progress.](https://livemissouristate-my.sharepoint.com/personal/er73s_login_missouristate_edu/Documents/Transcribed%20Files/mo-state-journal-jan-9-2024.mp3)

[I know there's scales that you can see your body composition at some of the nutrition places like S2, GNC, places like that. I know a lot of gyms offer that. At the Rec Center, we do a body comp scan as part of your fitness assessment if you sign up for personal training.](https://livemissouristate-my.sharepoint.com/personal/er73s_login_missouristate_edu/Documents/Transcribed%20Files/mo-state-journal-jan-9-2024.mp3)

[00:03:38 Emily Yeap](https://livemissouristate-my.sharepoint.com/personal/er73s_login_missouristate_edu/Documents/Transcribed%20Files/mo-state-journal-jan-9-2024.mp3)

[How much and how often should the average person work out to stay fit and healthy?](https://livemissouristate-my.sharepoint.com/personal/er73s_login_missouristate_edu/Documents/Transcribed%20Files/mo-state-journal-jan-9-2024.mp3)

[00:03:43 Allison Kramer](https://livemissouristate-my.sharepoint.com/personal/er73s_login_missouristate_edu/Documents/Transcribed%20Files/mo-state-journal-jan-9-2024.mp3)

[You should work out around 30 minutes, five times a week is kind of the standard guidelines for that. I would say just getting in some sort of movement every single day, and if you can get up to an hour, that's fantastic. But just starting out with the average person, 30 minutes five times a week is pretty good.](https://livemissouristate-my.sharepoint.com/personal/er73s_login_missouristate_edu/Documents/Transcribed%20Files/mo-state-journal-jan-9-2024.mp3)

[00:04:01 Emily Yeap](https://livemissouristate-my.sharepoint.com/personal/er73s_login_missouristate_edu/Documents/Transcribed%20Files/mo-state-journal-jan-9-2024.mp3)

[That was Alison Kramer, a Missouri State exercise and movement science alumna. Tune in next Tuesday as she discusses how to stay motivated to work out and some benefits of working with a personal trainer. I'm Emily Yeap for the Missouri State Journal.](https://livemissouristate-my.sharepoint.com/personal/er73s_login_missouristate_edu/Documents/Transcribed%20Files/mo-state-journal-jan-9-2024.mp3)

[00:04:18 Announcer](https://livemissouristate-my.sharepoint.com/personal/er73s_login_missouristate_edu/Documents/Transcribed%20Files/mo-state-journal-jan-9-2024.mp3)

[For more information, contact the Office of Strategic Communication at 417-836-6397. The Missouri State Journal is available online at ksmu.org.](https://livemissouristate-my.sharepoint.com/personal/er73s_login_missouristate_edu/Documents/Transcribed%20Files/mo-state-journal-jan-9-2024.mp3)