00:00:03 Announcer

The Missouri State Journal, a weekly program keeping you in touch with Missouri State University.

00:00:10 Emily Yeap

The new year is here, and many people will make different kinds of resolutions, such as eating healthier, exercising more and managing finances better.

While it’s not always easy to achieve them, the act of making resolutions and striving toward them has several benefits. They include setting priorities, improving focus and working on personal growth, among others. I’m Emily Yeap.

Last week on the Missouri State Journal, Allison Kramer, a Missouri State University [exercise and movement science](https://www.missouristate.edu/Kinesiology/ExerciseandMovementScience/default.htm) alumna and former personal trainer at the [Foster Recreation Center](https://www.missouristate.edu/Recreation/Facilities/foster-recreation-center.htm), talked about making and sticking to new year’s health and fitness resolutions.

Kramer is back with me again today. This time, she’ll address how to stay motivated to work out and some benefits of working with a personal trainer.

00:00:56 Allison Kramer

To find motivation on those days where you don't feel like going to the gym and you just are feeling lazy, I would suggest finding a workout partner for that accountability aspect.

If you have someone else in it with you, then you're more likely to go because you don't want to back out on them, so that's a huge one. As well as planning it out a week in advance like what I do is on Sunday or at the beginning of the week, I will look at my schedule for that week and I'll put in my calendar when I'm going to work out each day of the week, so I already have it implemented into my schedule and I don't have to think about it – “Oh, it's 5 p.m. you know when am I going to work out today?” I already know and have it set.

If you’re going to exercise in the morning, especially, putting out your workout outfit the night before, filling up your water bottle the night before and just having it ready to go, it just takes away some of those barriers in the morning. As well as if you're going after work, packing your gym bag, packing your snack and your water bottle, whatever else you may need, having that ready just takes away the excuse of “Oh, I'm just going to go home first” and then you don't end up going. So just preparation, having someone there with you, those two are huge.

00:02:04 Emily Yeap

For some people, having a personal trainer makes sense.

00:02:08 Allison Kramer

Benefits to having a personal trainer work with you: First of all, safety and knowledge because it's really important when you're first beginning to work out that you understand proper form and how to be safe when working out because it can be dangerous when using weights for sure and as well as accountability is a huge one. A lot of people do sign up for personal training simply for the accountability aspect, which is great.

For choosing the right one, I would say you kind of have to try it out. At the Rec Center and everywhere should have a fitness assessment that you have to go through before you even start any training sessions, which is looking at your current fitness level, as well as getting to know you, your goals and you can even ask the trainer questions about them. What is their background? What types of clients do they usually work with? What is their philosophy behind exercise? All of those things that you might care about in a personal trainer, as well as a lot of people care about the gender, which is totally fine. So that's something to look at as well, of course. There's all sorts of different reasons why people want a trainer, but first and foremost is safety, knowledge and accountability.

00:03:14 Emily Yeap

Kramer cautions against using short-term fitness programs, especially for beginners or those who don't work out regularly.

00:03:21 Allison Kramer

Now, they have their time and place, but for beginners I would not suggest doing like a 30-day challenge or something like the very popular 75 Hard, which is 75 days straight of strict dieting, exercising hard every single day. I would not suggest something like that or that goes hand in hand with something like a really strict diet. All these fad diets that people see online, I would not suggest that because it's short term. And while it might be effective short term, it will only be effective short term. Meaning, you'll gain all these benefits real fast, but then you'll gain all the weight back or you'll fall into your old unhealthy habits.

Make health and fitness a part of your lifestyle so you can continue to be healthy, the healthiest version of yourself for the rest of your life and not just for 30 days that this challenge may be.

Where I might see them fit well is those that have been working out for a long time and they want a challenge because they're kind of getting burned out of their normal routine and want to just push themselves a little further. That's when I would maybe suggest doing something like a challenge because it might be fun and motivating for them short term and then they won't have a problem necessarily getting back to that healthy lifestyle that they were doing before.

00:04:36 Emily Yeap

When it comes to health and fitness, Kramer explains why it helps to add rather than take away.

00:04:41 Allison Kramer

I would suggest adding things into your life before taking things out, because then it seems like a more positive thing in your mind versus negative. So that might be, “Oh, I'm going to add more fruits and vegetables into my meals versus I can't eat junk food anymore.”

00:04:59 Emily Yeap

That was ALlison Kramer, a Missouri State exercise and movement science alumna. I'm Emily Yeap for the Missouri State Journal.

00:05:07 Announcer

For more information, contact the Office of Strategic Communication at 417-836-6397. The Missouri State Journal is available online@ksmAlu.org.