

December

IT'S ALL ABOUT RESULTS

You expect positive results when you hire a carpenter or a surgeon. You expect your eyes to work better after you see the doctor, at least if it was an educated and trained eye doctor, right? It is even nice after spending time on your make-up and hair that you get the result you desired. So why do some people participate in exercise and not get the results they want?

People join clubs for a variety of reasons which include location, services, customer service and cleanliness. While they all have their place, getting results from a quality program will keep you. If you have ever worked hard at anything in life, you'll know that getting results from your effort is a great pay off. Results tell a story. Results prove that it worked. Results motivate. Results simply don't lie.

According to Fitness Management, having a personal exercise coach is the #1 reason people see results and stay committed to their exercise routine. We have seen this proven time and again throughout the years. Accountability works. Professional and knowledgeable coaches work. Getting proper results in exercise depends on powerful and effective training. When you see a doctor, you rely on their experience and education. Seeing a qualified exercise coach and trainer is no different.

Since having an exercise coach is the top reason people get results, then we suggest looking for someone who has proven experience helping people gain healthy results and has the education to back it. Would you go to a dentist that took a weekend certification class? It is essential to find someone who lives the lifestyle and is committed to staying current in the industry. Beware of the trainer whose education is from reading fitness and muscle magazines. Magazines have no accountability to you and have one goal, to sell magazines. Like in every industry there are great ones and ones that you shouldn't emulate. Don't put yourself in the hands of someone who simply parrots the lingo; instead look for experience, education and the proven track record of getting people results.

Getting healthy results is what you want. If your results are weight reduction, lost inches, building muscle, a stronger heart or better muscle elasticity, there are proper methods to getting those results. There are no quick fixes that last long term. Do your homework before beginning your transformation. Give the gift of "results" to yourself this year!

Evaluate

- Am I getting the results in my exercise routine that I need?
- What should I do differently to ensure results?
- Are past failures stopping me from trying one more time?

Written by David Charleston, owner/founder The Orange Planet Athletic Club. 5650 Metro Business Dr. Pleasant Hill. david@theorangeplanet.com

