

## Women Only Fitness Boot Camp Offers Five Tips to Prevent Broken Fitness Resolutions, Avoid Failure and Frustration

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Five Tips for Succeeding with your New Years Fitness Resolution:

1. **Begin Today.** Eliminate excuses that prevent the start of your exercise commitment. Too often people make commitments for, "next week," "next month," or the "New Year." There is no time like the present. Go for a walk. Take the stairs instead of the elevator. If you started a program in January, but have already fallen off the fitness wagon, start again. Invest in your own health and wellness TODAY.

2. **Introduce Variety.** Prevent workout boredom by adding a variety of activities to your fitness routine. You are far more likely to stick with your plan if you introduce activities that you enjoy. If you belong to a health and fitness center, take a look at the range of programs and events that are offered.

3. **Be Realistic.** Being fit and staying fit is a continuous pursuit. Don't place too much pressure on yourself by attempting to do too much too soon, only to end up experiencing frustration and failure. The key is to start slow and increase your intensity over time, not to transform from couch potato to elite athlete overnight.

4. **Make Time for Fitness.** One of the most daunting barriers to maintaining a regular fitness program is the perceived time commitment. It is important to schedule your workout time just as you would a business meeting or family activity. People make time for the things that are important to them and a fitness program should be no different. Remember to invest in yourself - it pays dividends.

5. **Set Short-Term Goals.** Determine what you want to accomplish and set a series of challenging, but achievable milestones along the way. Identifying and accomplishing specific goals will help you build confidence as you progress through your fitness program. A personal trainer can be an excellent resource to help determine appropriate goals.

"Women must recognize that effective, long-term health and wellness cannot be achieved from a quick fix or "magic bullet," found on the TV Infomercials says Molli & Tony Rathstone. "It requires a continuous, balanced approach to exercise, proper nutrition and recovery. Not unlike other goals that are worth pursuing, this should be an essential part of your daily life.

Optimal health and fitness begins with a reasonable, balanced program. Subject to an individual's physical state, fitness level and physician approval,

For More Information Contact: [www.InlandEmpireBootCamp.com](http://www.InlandEmpireBootCamp.com) for more insights into this topic. Direct line: (909) 556-9024 Email: [Adventurebootcamp@yahoo.com](mailto:Adventurebootcamp@yahoo.com) Other helpful information regarding the this product or service can be found at: [www.InlandEmpireBootCamp.com](http://www.InlandEmpireBootCamp.com)

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