

## New Year, New You?

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At the beginning of every year, there is a traditional influx of new gym-goers and people looking to transition into a more active lifestyle. Ask ten people about their New Year's resolution and you'll hear similar themes from almost all of them: they're going to start eating better, exercising more, losing weight, and finally using those dumbbells that have been collecting dust in the corner. Every January, gym parking lots become crowded and by every March, the spaces are back open again. So, what is the difference between the dreamers and the doers? Why is there a disparity between the New Year's resolution and becoming fit? And most importantly, how can you make sure you don't end up as another empty parking space?

There are three ideas to keep in mind as 2017 (and your new, improved self) approaches.

### **Lifestyle change.**

Starting (or re-starting) a fitness routine is a great idea—it really is—but longevity is the key to creating a lifestyle change instead of an empty resolution. To embark on a journey that you won't feel like quitting after several weeks or months, you must enjoy the process. If it feels like a chore, it's much easier to rationalize skipping a day. Maybe you didn't get enough sleep, the pile of dishes in the sink is growing, or there's a Harry Potter movie marathon on TV. One day snowballs into three, then nine, then a cancelled membership. Fitness should be fun, and if you enjoy the process then staying consistent becomes far less challenging. Luckily, CrossFit makes it incredibly easy to work out and have a good time, too. The movements are constantly varied, the progress is measurable, and each class takes one hour. That's 60 minutes that allow you to stretch, sweat, and improve alongside a community of people constantly rooting for you to succeed—all in less time than one Harry Potter movie.

### **Community.**

Sometimes, the best motivator is another person. Or a lot of people. And actually, make that most of the time. What if every time you worked out, you got a high-five at the end? What if every time you stopped to catch your breath, someone shouted something encouraging? Having a support system of like-minded people contributes to the fun of CrossFit workouts and sustains you through the tougher days. The difference between CrossFit and many other gyms is that we experience the workouts together—the struggles and the gains—and as a result, we bond and invest in each other's successes. So, in 2017, participate in your classes. Become involved in your gym. Attend the monthly field trips and get to know the people around you. Taking advantage of the community is an important part of turning your resolution into a long-term habit. In fact, try making a difference for someone else, too. Be that person who gives out a high-five when the timer hits 0:00. Everyone needs a boost sometimes!

### **Commitment.**

As close-knit and impactful as the CrossFit community can be, no one else can do this for you. Being "fit" is a trifecta of exercise, diet, and mindset. If you attend classes, surround yourself with positive influences, and are determined to succeed, then you will. Write down your goals—preferably someplace you'll see them often. Create a Pinterest board or post an inspirational quote on your mirror, refrigerator, or computer monitor. Visit our Goals board on the right side of the gym and see what other members hope to accomplish this year. The most important thing you can do to ensure that your

resolution becomes a reality is to work—really, really hard. As the results start to show (and they will), use the motivation of that 10 lb. PR or smaller dress size to propel yourself forward to your next celebration. Not only are you accomplishing your goals, you're doing it long-term with a box full of friends.