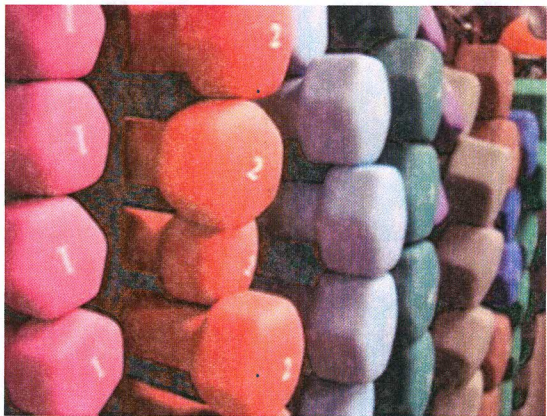


# 10 Tips for a New You in the New Year

## HolmdelPatch

Brookdale's learning specialists say that if you want to stick to your new exercise goals, start small.

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If you've ever been to a gym in January, you know classes are usually so packed you have to fold your mat in half. The regulars know to hang tight because come February or March, many of those New Year enthusiasts will be gone.

So how do you become like the regulars who have gone beyond the New Year's resolution and made it to a new lifestyle? (Don't look at us, we're writing this from bed.) To find the answer we turned to the learning specialists at [Brookdale's fitness center](#) who have a Master's degree in the subject and decades of experience.

Here's what [Greg Mahadeen](#) and [Beth Tarantino](#) said are 10 keys to making real change in 2012:

### **1. Find your motivation**

Mahadeen suggests starting your workout plan with a little soul searching. He says the exerciser who finds an internal motivation will be the one one who succeeds.

"If they are doing it for someone else, it's not going to work," he said.

### **2. Baby steps, people**

Don't try to run around your whole neighborhood if you haven't been running, Tarantino said. "If you're a walker, then run from one mailbox to the next and then add another mailbox until you can run the whole street."

### **3. Don't diet**

Don't go on a diet.

"You can't go from eating McDonald's to eating grilled chicken breasts," Tarantino said.

Make two changes you can live with, like switching out soda for water and eliminating white foods like pasta, bread and potatoes to slowly, surely change the way you eat. Mahadeen suggests adding one produce item to every meal.

### **4. Don't make weight loss your only goal**

If you give yourself benchmarks such as increased strength or flexibility, you will give yourself more reasons to cheer your progress, even if the pounds haven't come off yet.

### **5. Forget what worked for your sister (or for you when you were 20)**

Your body is different than everyone else's; your workout should be too.

"Something that worked for you 20 years ago is not going to work for you today," she said.

Get a personal trainer to evaluate your body, your lifestyle and your goals. And find what you like. If you hate running, maybe you need a Zumba or Pilates class.

### **6. Don't do it alone**

You can get buff in your living room all by yourself. But let's face it, it's easier to work harder when you have some competition or camaraderie. Join a class where you can make friends. The relationships will encourage you to keep going when the novelty wears off.

### **7. Ask for help, silly**

Men aren't the only ones who don't like to ask for directions. Most people, when faced with a new piece of exercise equipment, get shy and wimpy when they see that dashboard of buttons resembling a 747.

Tarantino said even if you've asked for help before, when in doubt, ask again.

"If you don't know how to use the kayak (exercise simulator), the weights are going to bang and you are going to walk away and say, 'I'm not doing that again,'" Tarantino said. "But if I show you how to use it and I guide you through the range of motion, you're going to love it."

### **8. Kick start your metabolism**

If you want to boost your results early on, then give your metabolism a kick start with interval training - short bursts of intensity interspersed within your workout, Tarantino said.

### **9. Running isn't enough**

Tarantino said that if you start seriously running you can expect an initial weight loss of eight to 10 pounds. But if you want to keep losing weight and tone your physique, you need to add some strength training. Lifting weights or adding squats and push-ups to your workout will build your muscles and help burn fat.

### **10. Work hard**

"People think that because they walked on the treadmill at 3.2 they can go home and eat whatever they want," Tarantino said.

If you want to reshape that junk in your trunk, you better hit it hard at the gym. Shorter, harder workouts bring better results than longer, easier ones.