

Helen to the Rescue

Why is your New Year's resolution slipping away?

By Helen Pufahl MS, NASM-CPT Resident Contributor

It's that time of year again when Huntington Bay residents along with our fellow Americans make New Year's resolutions. As with any other year, many of us have kicked off 2022 by making a resolution to become stronger, fitter, and healthier. Did you know only 8% of Americans stick to their New Year's resolutions?

Motivation - The Big Lie

Motivation is driven by emotion. This can be positive if it's used for a short-term objective. Emotion is a chemical release that yields a physiological response. If someone attempting to get in shape is reliant upon this reaction to propel them towards working out, they are almost sure to burn out. Think of it this way, no one can laugh or cry indefinitely, and that is exactly how we know that motivation will fail. Committing to be healthier is

always met with the best of intentions, this commitment is made in a charged emotional state. Motivation is virtually useless for objectives that require a greater length of time to accomplish. Don't totally discount the value of motivation, but don't count on it to last long either because it won't. When motivation wains turn to discipline.

Discipline - Yields Results

Discipline is the ability to do what is necessary for success when it is hardest to do so. Another way to think of it is having the ability, not necessarily the desire, to do what you need to when you least want to. Failure to get up when the alarm rings, the inability to walk away from a late night of partying before a workday, or eating a doughnut when you have committed to no processed sugar are all failures of discipline - not motivation. The keys to discipline are practice and consistency. Discipline means repetitive - and sometimes boring - action. There are no shortcuts. You can thank motivation for the first three weeks or so of your successful gym attendance, but, after that, you need to credit discipline.

There is another clear line defining the difference between motivation and discipline. Motivation in and of itself typically fails to build other qualities necessary for advancement, but discipline doesn't. Discipline develops confidence and patience.

Discipline builds consistency and consistency yields habits. It is those habits that, in the end, will ultimately define success.

The difference between try and triumph is a little umph.

Yours in Fitness,
Helen

Helen's love of fitness began at an early age. She practiced dance, gymnastics, as well as, track and field. She's an Exercise Physiologist with over 35 years of experience. She is also a certified personal trainer, corrective exercise specialist, nutrition consultant, and Senior fitness specialist. Owner: Unique Health & Fitness



EXERCISE YOUR RIGHT TO MOVE IT *and* LOSE IT!

Personal Training
Iyengar Yoga
Massage Therapy
Acupuncture
Kids Personal Training
Private Spin

UNIQUE HEALTH FITNESS
YOUR SOLUTION to the FITNESS PUZZLE

suite yoga at UNIQUE HEALTH FITNESS

75 New Street, Huntington Village
631-673-5600 | www.uniquehealthandfit.com