

**HELPING YOU GO FAR  
WITH YOUR FITNESS**

# **5 TOP TIPS**

**TO MAXIMISE YOUR PROGRESS**







# 5 TOP TIPS TO ENSURE PROGRESS NO MATTER WHAT YOUR HEALTH AND FITNESS GOALS

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# CLARITY AND COMMITMENT

## Commitment is the first step in progress!

As you set out on your health and fitness journey, it's important that you are super committed. This is easier said than done, but to stay committed you first need to know what exactly those commitments are.

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In the early stages **CLARITY IS KEY!** And will determine how quickly (or slowly) you achieve your goals.

### "WHAT?"

You need to know precisely **WHAT** you want to achieve and by this, I mean you should be able not only to visualise it, but also describe it in detail.

### "WHEN?"

This is important; setting a deadline is a great way to ensure that you are committed with some sense of urgency. Whether this is short term or long term, a deadline will increase your commitment and improve your focus.

### "HOW?"

This is where most people struggle. They know what they want and when they want it, but they don't know how to make it happen. My advice to answer this question is simple – seek out the expertise that you require. If your car breaks down you would go to a mechanic, likewise for a haircut you'd go to a barber or hairdresser right!?

So, if you are struggling with your health and fitness just get in contact with us at FAR Fitness as we have the expertise to help you. Once you have answered the What, When and How, **WRITE IT ALL DOWN.**

# CLARITY AND COMMITMENT (CONTINUED)

Now that you have clarity, you will be more competent with what you want, because with competence comes confidence. Even so, this can be short lived, unless you do something that commits you. This must be something significant; if you want big results you must do something drastic. For example, say you want to start running but have never run before, signing up to a marathon (obviously allowing enough time to train) and raising money for a good cause will guarantee that you start running!

Although if this is too extreme, doing something that gets you just a little out of your comfort zone is a good way to ensure that you have accountability. This could be as simple as committing to personal training sessions or joining a health commitment group such as weight watchers.

Either way, doing something that commits you is the first step to ensuring that you are on the path to success. It also explains why it's common that people who want to lose weight for their wedding, do so in time for the big day, and why athletes drop weight to meet requirements just in time for their big competition.

**Clarity and Commitment are the first steps in guaranteeing success.**



## GOAL SETTING TASK

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Answer these questions in as much detail as possible as you embark on your health and fitness journey.

- 01 | What is it SPECIFICALLY that I want to achieve?
  - 02 | What skills / resources / knowledge will I need to achieve my goal?
  - 03 | What would be a realistic time-scale in which to achieve this?
  - 04 | How will I know if I am successful?
  - 05 | How will I do it?
  - 06 | What help / resources do I need?
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# TRACK YOUR PROGRESS

**This is the only way that you will know how well you are doing.**

**It seems obvious but the majority of people who set out with a goal often forget to track exactly how they are doing in relation to that goal.**

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Nobody likes a 'test'. So think of these regular check-ups as 'progress assessments' that will keep you focussed as well as reinforcing your commitment and motivation towards your goal.

It's important that your progress measure is specific to your outcome and that you measure in exactly the same way every time.

For weight loss goals, progress assessments could include body weight and fat percentage measurements. For those wanting to improve strength or reduce pain this could include specific strength tests or pain perception assessments.

Keeping a progress diary is a good way to track your improvements. Information recorded could include the date and time of the assessment, statistics and results from the assessment as well as personal information on how you are feeling before, during and after the assessment took place.

Tracking your progress is the only way to truly know how successful you are when working towards your goal.

**Track your progress to measure your performance.**



# BREAK IT UP AND FOCUS

## Don't worry!

When you first set out to achieve your goal, the thought of getting there can sometimes be overwhelming and can feel like an impossible task.

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Stage 1 – Clarity and Commitment are the hardest points so once you've mastered these it's just a matter of maintaining motivation.

Breaking down your goal into smaller, more achievable and manageable goals with shorter time frames is an easy way to maintain motivation and offset anxiety.

Say you want to cycle to and from work, a 10-mile distance, but haven't cycled for that long before. Your first goal could be to comfortably cycle 5 miles, building this up to 10 miles as you progress. Your next goal could be to cycle to work one way only, before you reach the larger goal of cycling 10 miles each way.

On your journey, no matter how long or short, you will encounter distractions as well as obstacles that you will have to overcome. Try not to get side-tracked by other people, events or activities that will lead you away from your goal and make sure that you **FOCUS – Follow One Course Until Successful.**

Focus will ensure that you progress faster by maintaining motivation, offsetting anxiety and keeping you on the path to quicker progress...

**...break up your goals and re-establish focus in times of distraction.**



# CHANGE IT UP

## Keep your body and mind guessing!

**It's likely that at some point on your journey you will become bored and/or distracted; this is why variation is the basis of motivation. By changing things up, you will keep your body and mind stimulated and will be more likely to continue on a path of progress.**

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For weight loss results, an example of this would be eating a variety of different meals including different nutrients and minerals. This is why weight loss diets that are based on only drinking shakes or eating the same foods over and over again are generally less successful when considering long-term weight loss.

From an exercise standpoint, it's even more important to bring variation into your regime as this will ensure that you continue to develop and progress. One of the most common mistakes made by the novice exerciser is following the same exercise routine, if any routine at all, for far too long. The body is a super intelligent machine and will adapt to the stimulus that it is faced with. Changing your regime regularly through different and more challenging exercises will keep the body guessing and progressing!

Change is good! Avoid a monotonous routine and...

**...ensure variation to maximise adherence and motivation.**



# REST, REVIEW AND RESUME

## **Hard work makes progress, while rest equals results!**

**To make sure that you do achieve your goals and enjoy the process in doing so, it's OK to take your foot off the gas every now and then in order to refresh the body and mind and regain focus.**

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It is only during the periods of rest from exercise, that the body will recover and grow. This is why scheduling your workout plan is going to be just as important as the exercise sessions themselves.

Likewise, if you are on a diet, it is important that you don't totally deprive yourself of the foods that you love. For this reason, I always recommend that eating the odd naughty treat once in a while or as a rare reward can be essential in keeping you on track by increasing enjoyment and reducing cravings for these foods.

Taking a brief rest from your goal can give you the chance to reflect and review your progress so far. Your goals will change as you work towards them, which is why reflective practice can be helpful in directing your actions and encouraging you to re-evaluate your progress and ambitions.

As you work towards your goal ensure that you keep on progressing...

**...complete a reflective journal at regular intervals.**





## REFLECTION TASK

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Answer these questions as you review your progress:

- 01** | How were things before you started working towards your goal?  
Provide a clear but brief description.
  - 02** | How did you feel about it?
  - 03** | What other factors or issues do you feel were relevant to the situation?
  - 04** | What else is useful to note about the actions of yourself and others during this time?
  - 05** | What choices did you make at the time?  
How appropriate or inappropriate do you now feel these decisions were?
  - 06** | In hindsight, what alternative courses of action may have been possible?
  - 07** | What implications does this situation have for your future ambitions?
  - 08** | If you were to start again in a similar situation in the future,  
what would you do the same, and what would you do differently?
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YOU WILL MAKE FASTER PROGRESS NO MATTER  
WHAT YOUR HEALTH AND FITNESS GOALS.

WITH THESE 5 TOP TIPS:

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- 01 | Get Clarity and Commitment
- 02 | Track Your Progress
- 03 | Break Up Your Goals and FOCUS
- 04 | Change It Up
- 05 | Rest, Review and Resume

**GO FURTHER WITH FAR FITNESS**

For more information on how FAR Fitness can help you  
contact: [info@farfitness.co.uk](mailto:info@farfitness.co.uk)  
or visit [www.farfitness.co.uk](http://www.farfitness.co.uk)