

My name is Denver Oliveux and I am the owner of Looking Good and Feeling Great. My team and I have created some laws for success when it comes to achieving your health related goals. They are to be seen as a true source of our experience with helping clients achieve the results they desire.

LAWS FOR TRAINING SUCCESS

1. Goals

In order for you to achieve your desires you must first be very clear on what it is you want to achieve.

Do you want to lose weight? Do you want to increase your fitness?

This is the first step of goal setting. If you want to lose weight you must then choose how much you want to lose and within what time frame. For weight loss a good example of a healthy weight loss is half a kilogram per week. Therefore if you are creating your goals over a three month time frame you should be looking at losing 6 kilograms.

I recommend to our clients that they focus on goals over a three month basis. Creating a deadline helps create a sense of urgency this will give you the energy you need to train and eat well.

So the main steps to look at are:

- What do you really want to achieve? (Weight Loss)
- Be specific on your goals (I want to lose 10kg)
- Break that goal down into a three month time frame (In 3 months I will lose 6 out of the 10kg that I wanted)

2. Plan of Action

The next step is to create a plan of action that is specific to your goals. If your goal is to lose weight you must choose a training regime that has a high volume of cardiovascular training and a low level of resistance training. This regime will help you burn a large volume of calories and develop lean muscle which again will help you burn a large number of calories.

Calorie intake is also something you need to consider it's just as important as you exercise. If your goal is to lose or gain weight look at our 'How many calories do I need to lose/gain weight' article and you will know exactly how much calories you need to achieve your nutritional goals or click on the link below.

<http://www.lgfg.com.au/functions/filestream.php?id=56>

Counting your calories is much more important than, how much carb's or fat an item has? This is the biggest nutritional tip I can give you when it comes to weight loss/gain.

If you are struggling counting your calories click on the link below

<http://www.calorieking.com/>

3. Progression

One very important tool you need to understand is that to achieve more you have to do more. This means you must continually try and improve on your past results. For example if you currently run 5km in 35mins your goal for your next session should be to either run a little further in the same time frame or to run the same distance in a shorter time frame. One golden rule on any plan is that is you continually do the same thing expect the same results, to gain more you must do more.

4. Accountability

More than often I find that motivation is a big problem when it comes to training and dieting. When you have created your goals and starting your training regime your motivation level is high, however more than often this level of energy is not the same 3 months into your training. So how do you maintain this level of motivation. The answer is having someone or some system to be accountable for. This is why the idea of a Personal Trainer is so attractive it's because people know that this person is going to make them exercise, ask them how their exercise for the week is going and keep them accountable of their nutritional goals as well. Weight Watchers is another system in which I really feel is an excellent system mainly because it has support groups which act as an organization of advice and accountability.

5. Training Journal

Journaling down what you are currently doing to achieve your goals is one of the most important aspects of achieving your goals. The purpose of a diary is that it acts as a mirror, meaning you can see your efforts for training and nutrition on a continuous basis. If you are unhappy with your results than you simply go back over your journal and make some changes. You may need to increase your exercise and decrease your calorie intake for the next month.

Over the past 5 years I and my staff have trained many people and we all conclude that those who achieve their goals and maintain them all follow a plan and use their journal on a regular basis. This is the difference between getting what you want and simply talking about it.

6. Assessments

You need not only to create goals but you must review them on a continuous basis so you know that your current plan is effective. Weighing yourself at the end of a month is a good way but also assessing how you are feeling in your clothes is another great way to see how you are feeling. Have someone take some measurements and see in a month's time if they are changing.

Having these plans will motivate you but also focus on your energy and how fit and strong you are becoming. Note down how many push-ups, crunches and other exercises you can do and then create a goal to do better than that at the end of the month. For example if you find you can do 10 push-ups at the start of your training regime then you should make it a goal to achieve 15 by the end of the month. Like wise if you can run 5km in 35mins then you should try to do the same run in 33-34mins.

7. Review your strategy

Once you have reviewed your success of your current training program you need to assess if you are going to continue with it or not. If you're current plan of action is not getting you the results you want then you need to change it. The changes again must be specific to your plan you may decrease your calorie intake and increase the volume of exercise that you are currently doing to achieve greater results for the next month.

8. Change your strategy at least once every three months

If nothing changes, nothing changes. Make this another golden rule when trying to achieve your goal. I once heard that a definition of 'Insanity' is doing the same thing over and over again and expecting different results. More than often I see many people do this, they keep doing the same thing week after week, month after month and say 'How come nothing is happening?' Your body will adapt to its training this is why you have to change your form of training. It's best not only to increase your intensity of training but also the type of training that you are currently doing.

For example if over a 3 month period you have been doing jogging for your program, you may want to try some fitness classes or Bike riding or something of that nature for your next training program.

9. Seek Professional advice

If you are struggling with finding the proper advice hire a professional in that field that may come in the form of a personal trainer or even a dietician or someone else. Think about it what costs more 3 months of frustration of not achieving the results you desire or hiring a professional to help learn on how to create an effective program specific to your needs.

10. Reward Yourself

Rewarding yourself for your efforts is one of the best and worthwhile things you can do. Being strict and aiming for perfection from one month to the help is not a healthy plan of action. Your program must take into account those reward days when you can have a drink with your friends, or have that take out meal once a week. Also you may want to treat yourself in other ways like going out for a movie, having a bubble bath or going for a massage. Having these types of rewards will make your journey more fun and exciting and you will look forward to each week as you have a plan to follow and a reward waiting for you at the end of the week.

If you would like more information on how you can achieve your goals feel free to contact me on the contact details below and together we will help you achieve the goals you desire.