

local sports

exercise & fitness

Pre- Resolution Resolution

Jeff Thayer

The Bermuda Triangle of holidays is approaching again. Thanksgiving, Christmas, and New Years stand ready to confuse, confound, and K.O. your vague fitness goals and shaky workout commitments. There's still time - you can save yourself before you fall off the radar but you need a pre-resolution resolution. You need bold action.

Now is the time to decide what you want for yourself. Will this year be different? Where and what are you eating this holiday season? Who are you planning to hang with? Which parties will you be attending? Does it make sense to waste your money on a gym membership in January with the resolution crowd, again?

Consider these questions now, with a clear head before the annual consumption coma sets in. Holiday buffets, mini-eclairs, bottles of cheer, Christmas cookies, pies, pies, and more pies; the usual suspects are fast approaching and while you may be out of breath going up the stairs the food remains as steady as ever. They're even more delicious, tempting, and tasty than you remember.

If you're going to have a chance this year you have to get off this train before it runs off the track. Now is the time to plan for success. You have the luxury of a clear-minded decision before the carnage begins.

Resolve to use your brain - not your eyes - to make your food choices. Resolve to workout consistently now and carry it over during the holiday weeks. Resolve to be unavailable when your party animal buddies call. Resolve now that this year will be different. Resolve to test how happy and healthy you can feel.

If you have an exercise program keep it up during the holidays - schedules get tight with shopping and socializing so the time to make your workout a priority is now. This has a three-fold effect. First, you burn calories and build muscle during your workouts and you know that's the best way to combat the extra pounds. Second, spending this time during your busy holiday schedule keeps you invested. After skipping the gym for a week it's easy to write-off the whole month and just say, "I'll get back to it next year." This is a slippery slope and next thing you know it's St. Patrick's Day and your jeans don't fit. Third, time in the gym is time spent not eating. I have lamented the work ethic in many gyms, but I have yet to see Christmas cookies and martinis in the weight room.



If you're going to have a chance of staying fit this year you have to get off the circuit of parties and into the gym.

If you're not currently exercising, there's no time like the present. Don't be one of the crowd in January that makes an annual contribution to the gym owners who hope you never come back. Buck the trend, dare to be different, make a preemptive resolution. Resolve not to be a victim this holiday season.

Imagine, it's holiday party season and you have a solid month or six weeks of time and effort invested and you're feeling your best in years. Now imagine its mid-January and you see the wave of interlopers intruding on your gym time or you notice your trainer's phone rings incessantly for a week. Imagine the pride and relief you'll feel not to be in that sad situation, grasping for the same vague straws in the New Year waist-land.

Remember those people who dragged you down with them last year. You know those friends that you blame for your annual gluttony and excess. Now is the time to lay the groundwork. You don't have to hurt anyone's feelings, but it's so easy to "have other plans." Or maybe you can offer them a lifeline. In fact you owe it to your friends to start getting in shape now and show them a different path. Lead them by example or blind them with your brilliance, whichever works for you, but now is the time to resolve you won't be a victim again.

You may be aware of the "Five P" mantra, "Proper Preparation Prevents Poor Performance." I have amended this slightly for the holiday season: "Proper Preparation Prevents Party Purgatory." The choice is yours you need a pre-resolution resolution and the longer you wait the more likely you are to repeat last year's mistakes.

Contributing writer Jeff Thayer is the president of JT Personal Fitness in Southampton. He is certified by the American Council on Exercise and is a member of the American College of Sports Medicine. He has been serving the fitness needs of the East End for over a decade. For suggestions on future articles or a consultation, Jeff can be reached at his Main Street studio by calling 631-287-5156 or via email at jt@jtpersonalfitness.com.

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