Spring Break
Shape Up

It’s time to get back in shape for Spring Break and the warm summer weather. The time is now. Start early to form healthy habits that can be maintained in the future!

Here are a few tips to assist with realistic goal setting and reaching those goals in an effective but safe way for Spring Break.


Setting a Goal

How to determine how much to lose.

Make it realistic! In the world of advertising, they make it seem like everyone should focus on looking like a model. Instead, focus on something that will make you happy. Do not set yourself up for failure by making it a goal to look like a picture in a magazine. No one is perfect, not even the models in magazines (they’re air-brushed).

Be ready for changes!

The changes are not just physical, they are also mental. Often mental road block stifle physical change. Be ready for changes in daily schedules and everyday life. Meeting the goal is going to be a challenge because change is usually met with resistance. Remember, it takes time to gain weight therefore it will take time to lose it. Be patient and don’t give up!
Ask yourself these questions to set a realistic weight goal.

♦ Is there a history of excess weight in your parents or grandparents? If so you may be prone to gain weight or have difficulty losing it.

♦ What’s the lowest weight you have maintained as an adult for at least one year? If it’s difficult to keep weight off, there is a reason behind it. Yo-yo dieting, fluctuating exercise habits, etc.

♦ What’s the largest size of clothes you would say, “I look pretty good considering where I have been?” It is important to determine a healthy weight that is realistic to maintain based on body frame and height.

♦ At what weight can you live with the required changes in eating and exercise? Not eating and over exercising is not an option. Exercising a few times a week and making mostly healthy food choices is.

Start by making a small goal and working up to other goals. Don’t change too many habits all at once. It will lead to discouragement and frustration.
Once you’ve made a goal... evaluate it.

Is the goal reasonable and safe?

- How many days are there until spring break?
- How many days can be committed to exercising?

Healthy weight loss is approximately 1 ½ - 2 pounds a week.

If you are planning on losing more weight than the recommended values for your designated date, consult your doctor to find out whether the goal is safe for you. Some people may lose more weight a week, but they will need a certified advisor, such as a doctor, along the way. He or she will be able to provide guidance to keep you on a healthy track.
Achieve your goal

Use the recreation services available!

- Consulting
- Group Fitness
- Intramurals
- Aquatics
- Personal Training

Find an accountability partner.

Try bike riding, walking, Group Fitness classes or swimming with a friend. Find someone who is on the same exercise level, has similar interests and compatible schedule. Hold each other accountable to days that are committed to exercising. Build each other and encourage one another.

Listen to your body.

- Take water breaks
- Don’t obsess
- Allow the body time to recover and heal
- Get enough sleep
- Avoid Stress