

Get S.M.A.R.T with your fitness!



No, I'm not asking you to call "The Chief" on your shoe-phone to ask him how to take the KAOS (chaos) out of your life so you can make time for fitness. I'm suggesting that you take matters into your own hands by setting S.M.A.R.T. goals as soon as this weekend!

[S.M.A.R.T.](#) is a great way to start your fitness program off and increases the likelihood of developing and maintaining a healthy fit lifestyle for yourself. This effective management model helps you establish **Specific – Measurable - Action oriented - Realistic - Time oriented goals.**

A goal not written down is merely a dream, so I encourage you to write your fitness goals down if you are serious about your health and wellness. What are you waiting for? Grab a notebook and let's get started this minute by using the following examples as a smart guide.

Specific Goals: To say, "I need to lose weight" is not specific enough. An example of specific would be, "I will fit into my 32 inch jeans or size 12 dress by increasing 3 to 5 pounds of muscle and losing 24 pounds of fat. I will do this in a specific time by using "[my food guide](#)", learning more about the [glycemic index](#), and [exercising with a buddy](#) under the guidance of a [trainer](#)."

Measurable Goals: Determine the frequency, intensity, time and type of workouts then journal the results. Even plan out the size, type and frequency of your daily meals, such as 5 to 6 small to moderate sized meals based on Canada's Food Guide. Take your chest, waist and hip measurements as a baseline from which to establish realistic goals, to keep you on track and as a measurement of your success. Set body measurement goals rather than weight loss goals, as it takes into account a gain in lean muscle tissue, which is needed as muscle increases your metabolism (the rate at which you burn calories/energy). Plan your workouts on a calendar and take your heart rate while exercising. All of these actions and many more will help ensure your success.

Realistic Goals: If fat loss is your goal, an aggressive yet realistic fat loss goal could be to lose one to three pounds a week. If you are at a loss for what is reasonable, check out Canada's guide to healthy living or consider contacting a personal trainer for guidance. Whatever your goals are, I suggest that you under-promise and over-deliver. Consider setting goals in 12 week blocks, then re-evaluate and adjust as necessary.

Time Efficient Goals: Set timelines on all your fitness tasks. Recruit a support coach (a friend) to hold you accountable for completing them on time as planned.

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