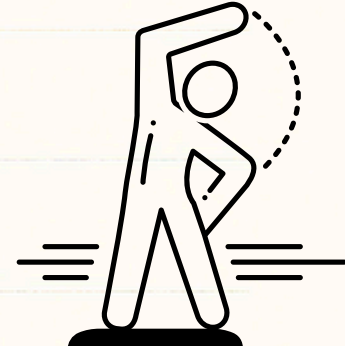




Elements of Fitness



BE S.M.A.R.T

S

Specific

Your fitness goals should be clear and precise. Rather than saying, "I want to get fit," specify what fitness means to you. For example, "I want to run a 5K without stopping," or "I want to lose 10 pounds."

M

Measurable

It's essential to track your progress. Measurable goals allow you to see how far you've come and how far you need to go. Instead of "I want to be stronger," aim for "I want to increase my bench press by 20 pounds."

A

Achievable

Set goals that are challenging yet attainable. If your goals are too far out of reach, you may become discouraged. Break larger goals into smaller, more manageable steps. For instance, if your goal is to run a marathon, start with a goal of running a 5K, then a 10K, and gradually increase your distance

R

Relevant

Your goals should align with your personal interests and long-term objectives. Ensure your fitness goals are relevant to your lifestyle and something you genuinely want to achieve. For example, if you enjoy swimming, set a goal to improve your lap time or endurance in the pool

T

Time-Based

Set a deadline for your goals. A timeframe creates a sense of urgency and helps you stay committed. For example, "I want to lose 10 pounds in three months" provides a clear end date to work towards

Example

Let's say you want to improve your cardiovascular fitness. A SMART goal could be: "I will run three times a week, gradually increasing my distance to 5 miles over the next 8 weeks."

- Specific: Run three times a week.
- Measurable: Increase distance to 5 miles.
- Achievable: Gradually build up from your current running distance.
- Relevant: Improve cardiovascular fitness.
- Time-bound: Achieve this within 8 weeks.