



## METABOLISM MATTERS

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Exercising within your target heart rate zone is key to becoming more fit and losing weight. Use your buddy to help you “stay in the zone” when you work out. Together you can use your VO<sub>2</sub> Max results to make your workout count!

## ACHIEVING GOALS THROUGH ACCOUNTABILITY

*Each new and innovative workout routine or diet plan always begins with the hope that this time we will actually see success. We start and restart our diets and workout routines because nothing seems to stick. What a lot of people don't realize is a key factor of success in any weight loss or fitness plan is that of accountability.*

Being accountable is more than just reporting your success once you've reached your goals – it's about accepting responsibility for the goals you set. It affects your attitude toward your plan when you start out and helps you stay strong when things get hard.

It is often helpful to be accountable to others. Reporting back to someone else keeps us honest and thoughtful about our choices. Here are 3 ways you can include others as you strive to achieve your goals:

### **Choose a Support Buddy**

This person is both your cheerleader and your drill sergeant. As such, you might consider what kind of support will really make a difference for you. Do you need someone to workout with you or someone to swap babysitting so that each of you can go to the gym separately? Also, ask yourself, what does encouragement mean to you? For some it means hearing kind and supportive words. For others it means having someone come by and literally drag them out of bed to exercise.

### **Join an Online Community**

If you don't really need face to face contact, maybe the anonymity of the internet is best for you. Online support groups are readily available and can connect you with others in similar circumstances. These groups utilize chat rooms, forums, text messaging, and sometimes even financial incentives to hold each other accountable.

### **Hire a Personal Trainer or Weight Loss Counselor**

As with your buddy, your trainer or counselor will be waiting for you to work out, follow up on your good intentions or talk you through your late night cravings. You will also have the added incentive that this relationship represents an investment of your hard earned cash. Additionally, as professionals, these people should be a source of reliable information and be trusted to steer you in the right direction.