

Southport Physiotherapy Centre

Website: <http://www.southportphysio.com.au>

Summer 2018 New Year, New You!



Steven Gordon
B.Phty (UQ), BHMS



Liz Harvey
MCSP



Christine Cho
B.Phty (Hons)

Southport Physiotherapy
Centre

3E/34 High Street
Southport, QLD, 4215

P: (07) 5591 4333
F: (07) 5591 4399

Here's to a new year of better habits, healthy eating, and exercise but most importantly, loving the skin you're in!

The classic New Year's Resolution of a full body transformation is one that seems to be abandoned by lunchtime January 1st.

A huge part of losing weight is believing you can do it and realising its not going to happen overnight.

We at Southport Physiotherapy are here to help you make a change this New Year with some helpful tips to help make 2018 your year.

Make realistic goals: The beginning of your journey to become a new and healthier you can be exciting. However, a common mistake can be setting unrealistic fitness goals. When creating your new fitness routine take into consideration your current work schedule, diet and fitness level. Although joining the "Ultimate Fitness Boot Camp" for 5 days a week seems like the fastest way to lose weight, it will not be effective if you can never make it or are to unfit to complete a session. Starting at your fitness level then working your way forward is a key factor in successfully losing weight.

Don't stop cold turkey: Although you are motivated to change your old diet and kick start a healthier you, cancelling out the majority of your old diet 'cold turkey' is extremely difficult to maintain. Correcting your diet and doing exercise are crucial to being successful. Cancelling out some of your common diet treats such as chocolate or fast food can be a helpful way to stay on track. Giving yourself a cheat day once a week is a trick to maintaining healthy habits throughout the week.

Seek help: Changing your lifestyle is not an easy feat. Everybody has difficulties either finding motivation or exercising/eating safely. If you are unable to motivate yourself to work out or stick to a routine, consulting with a Physiotherapist or Personal Trainer (PT) is a helpful way to stay on track and perform your exercises safely and supervised. In terms of your diet, seeing a Dietician or your GP can aid in your weight lose journey as they can provide insight into your health progress. Obtaining advice from a health professional could be the difference between falling back into old habits or reaching your health goals.

Falling off the wagon: During your weight loss journey, there may be times that you 'fall off the wagon' and eat foods you shouldn't or skip your exercises. Don't let this deter you from your end goal. Just because you have disregarded your new routine today, doesn't mean you can't get stuck back into it tomorrow. You don't need to wait until the New Year to start, everyday can be the beginning of the new you. If you've found yourself falling back into bad habits, go back to basics. Remind yourself of the foods you're allowed to eat, consider your slip up as your cheat day and get back into the swing of things at whatever pace you can. A little progress is better than no progress.

Happiness comes first: Setting weight loss goals is important to staying on track. However, the number on the scales should not dictate your level of happiness or accomplishment. People come in all shapes and sizes, two people can both weigh the same but be different clothing sizes, and that is okay! Set your weight loss goals to when you're eating a healthy diet and fit back into a piece of clothing you missed being able to wear.

