

Fitness resolutions

By **Conor Kelly**

Every year around this time, millions flock to the health club, join a diet centre, or make a pledge to get fit this year. Yet by Feb. 1, 90 per cent have failed in their resolution to get fit and have returned to their old ways.

To help seniors stay on track, avoid the bursting resolution bubble, or patch it up and re-inflate it (it's never too late), here are two key steps to fitness success:

- **Define your fitness goals and why they are important to you.** Is your goal motivated by a fear of disease, a desire for more confidence and self-esteem, to be a good role model for your grandchildren, to be more attractive and desirable to your spouse? Isolate the core emotional reasons why, list them out and tape to your bathroom mirror and refrigerator.

- **Get support.** How many people this year will join a gym, only to stop going after a few weeks? Joining a support network of people with similar goals can make all the difference.

Conor Kelly is a personal trainer and the owner of Evolution Fitness in Toronto.

Catherine's journey

Toronto's Catherine Hill is reaping unexpected **BENEFITS** from her gym routine of the last three months

Catherine Hill, retired clothing-store owner, works out regularly with personal trainer Conor Kelly, the owner of Evolution Fitness in Toronto.

Says Kelly: "Catherine is a great story because she has never worked out before, and just started coming to us about three months ago. With the improvements she's made, it really goes to show you that anyone can do this regardless of age or fitness level."

Hill comments on her accomplishments.

- **The challenge:** "I have stepped out of my comfort zone. I undertook a task that challenged my body a lot.

After only a few months it was reward-



ing. I reached a new high not only body-wise but mentally. Every time I exercise I feel as though I am releasing endorphins

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and actually I feel happy.

- **Overcoming fear:** "Who would have thought that I could master a technique with machines, those scary objects that overpower you when you first enter the gym?"

"I now laugh at myself and how my attitude has changed. I actually look forward to exercise. It is not a chore or a bore, it is rewarding and I see results."

- **The benefits:** "There is a liveliness in my body. I feel younger and I fit into my designer clothes that I purchased a several years ago. There is always another plateau to reach and I am testing new territories and reaching towards new goals.

"It is like a love affair. If it is the right match it is always exciting." ●

Retired clothing retailer Catherine Hill feels younger and livelier since she began working out.
(Conor Kelly photo)