



## Building a Fitness Schedule for 2016

Ok, it's the start of the New Year and besides getting organized, a big New Year's resolution is to lose weight or get into better shape. Here are a few things to help you build and keep a successful fitness regime:

What is your goal?

Do you need a partner to workout to help you be accountable?

What is going to work with your schedule?

What is your budget? Personal trainer, gym for \$10/month, running/walking group-free!

What do you like to do? – Dance, Weights, Running, or Zumba?

What is your goal? Do you want to lose 20lbs this year or do you want to lose 5lbs before spring break? There a few apps out there that can help you such as Myfitness Pal Challenge where you can plug in your goals, the foods that you eat, and your exercise for the day. It will then tell you if you have met your goal or are staying on track. Maybe a few of you received the Fitbit as a gift. I know several people who love using that as a tool. Remember to keep your goals achievable and check-in every week.

Can you find a partner to help and motivate you?

Exercise experts will tell you that if you find a partner, you are more likely to exercise and keep motivated. I know myself, that by walking with a few girlfriends, it gets me out of the house and time seems to go faster when you are with friends, doesn't it?

You may decide to join a gym, but make sure it's convenient for you. You may even want to schedule an appointment with a personal trainer to help set up a routine and educate you on how to use the machines properly. Then be sure to check in with that trainer every so often to keep you on track.

Exercise shouldn't have to be something you hate, in fact the more you like something, you will most likely stick to it.

For example, try joining a Zumba class, or if you enjoy cycling, look for a class that is offered. Here is a great article <http://www.womenshealthmag.com/fitness/benefits-of-biking>

Here are a few more helpful websites:

<http://www.wikihow.com/Start-Your-Own-Exercise-Regimen-and-Stick-to-It>

<http://www.9news.com/story/news/health/2016/01/02/best-ways-to-keep-an-exercise-regime-going/78201652/>

### Upcoming Events:

I will be at Howell Carnegie District Library on Tuesday, Jan. 12, 2016 from 7:00-8:00 pm. Here is their address: 314 W. Grand River, Howell, MI, 48843. I will be giving a general organizing workshop on helping people start their New Year's off on the right foot.

Happy Organizing and I wish you all the best for the New Year!

Happy Organizing!

Your local professional organizer,  
Betty Huotari

P.S. If you would like to share this email with a friend, please pass it along and if they would like to be added to my list, have them send me an email. If you would like to unsubscribe to the monthly news-letter, please send an email to  
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