



“VISUALISATION IS A POWERFUL TOOL TO ACHIEVE YOUR GOALS.”

REACH FOR THE STARS

While it is important that you set realistic and achievable goals, it is also important to challenge yourself. This doesn't mean putting seemingly insurmountable obstacles in your way, as this can have a negative effect on your motivation. However, it is important to set yourself a challenge that will continually inspire you to push your boundaries and your limits. So, instead of only focusing on the achievable, dream a little.

SET CONSTANT REMINDERS

With your goal-setting session finished, it's time to commit. Take the goals that are most important to you, and write each of them down somewhere where you'll constantly see them. Be sure to write them down in the present tense or active voice. For example, "I am looking fit and healthy and fabulous at 50kg" or "I will run a marathon". Let these affirmations be a constant reminder of what you're working towards by reviewing them on a daily basis.

Rest is best!

Q+A



BERNADETTE ABRAHAM
FITNESS TRAINER



Dear Bernadette:
How important would you say rest is when it comes to overall fitness? SALLY, VIA EMAIL

DEAR SALLY: Rest is an important element that is most often overlooked in a health and fitness program.

In order to improve in fitness, the body needs to be exposed to sport-specific stimuli in a progressive fashion, and then needs time to adapt to these stresses. Therefore, as the intensity of training is increased, so should the amount of rest and recuperation.

Rest helps to build new muscle, adjust hormonal responses, and with proper nutrition, replenish your muscle energy stores. Rest and recovery are also important in preventing injuries.

Recovery begins as soon as your exercise session is over, which should include a warm-down, stretches, a post-workout snack or meal

(depending on the exercise intensity), rehydration, and rest.

Sleep is also vital and is often underestimated. Not only should we be concerned with getting between six to eight hours of uninterrupted sleep every night, it is also important that we get to bed on time to allow our body to begin the physical repair process, which is around 10:30pm.