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## Fitness Tips

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by Cari Draft Elliott, BS, CPT - ACE-Certified Personal Trainer

How can I commit to a weight loss program?

**Question:** *I admit that I have been a yo-yo dieter and I have trouble committing to losing weight over the long-term. What is the best way to stay on track?*

**Answer:** You know that losing weight and staying in shape is a lot of work. Even when people hire me as their personal trainer, it still requires effort on their part to carry the program through! To give you the best possible chance of succeeding and achieving your weight loss goals, here are just three tips to focus on:

1. **COMMIT TO 90 DAYS.** If you can commit to sticking with it from the very beginning and plan on three full months, it will help you stay patient through the first few weeks - when you might not see things progress as fast as you'd like. After three months of healthy eating, regular exercise and adequate sleep, you WILL see results - and that will motivate you to continue further!
2. **SET LONG-TERM AND SHORT-TERM GOALS.** You'll need the long-term goal to serve as the gold at the end of the rainbow, but you'll also need incremental, smaller goals along the way so you can feel the little victories as success. Good short-term goals don't need to be attached to results on the scale; best goals would be things like "eating 4 servings of fruit each day" or "walking one hour every day" - and making sure you do it.
3. **ENLISTING SUPPORT.** If your friends and family are discouraging your weight loss attempts, you will get nowhere fast. You need to convey to them why this is important to you; their support is not only valuable but also serves as "accountability" when you feel like quitting.

And yes, calling a personal fitness trainer to at least get you set up is also a beneficial move - you need to know you're doing the right things to achieve your goals!

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**Cari Draft Elliott is an ACE-Certified Personal Trainer who makes "house calls"! Please check out her website at [www.oneononefitgirl.com](http://www.oneononefitgirl.com) and email your questions to [cari@oneononefitgirl.com](mailto:cari@oneononefitgirl.com).**

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