



4 Ways to Rethink Your Fitness Goals

The scale isn't the only way to measure success. Here are four ways to change how you think about exercise and fitness goals.

01

redefine exercise.

A gym workout isn't the only way to exercise.

All movement counts, including gardening, dancing with kids, vacuuming, climbing stairs, playing pickleball, sledding and hiking to name a few.



02

progress, not perfection.

Skipped a few workouts, but did more than last week? That's a win.

Celebrate the progress you make instead of focusing on what you didn't do. If you're moving forward, you'll still achieve your goals even with slip-ups along the way.



03

small changes add up.

As few as 20 seconds of exercise at a time produce results.

Take the stairs, speed walk through errands, park in a spot far from your destination and skip drive-throughs. Wear an activity monitor and see how those steps add up.



04

change how you measure success.

Focus on overall health benefits you're seeing from your workouts.

You can measure success in many ways.

- Climbing a flight of stairs without getting winded.
- Easily lifting your suitcase.
- No longer needing caffeine to get through your day.
- Falling asleep faster or staying asleep.
- Resisting cravings more easily.
- Getting sick less often.
- Fewer GI symptoms like heartburn and bloating.
- Being happier.



a new number to track

If you want to track a number, track your resting heart rate (number of heartbeats in a minute while still). Your resting heart rate will go down as you become fitter because a stronger heart can pump more blood with every heartbeat. Between 55 and 85 beats per minute is a typical resting heart rate for most healthy adults.