

# resolve

don't just set fitness goals | achieve them



**T**he truth is we make goals and plans to change our lifestyle over and over again and within months or maybe even weeks, we've lost our focus. Fitness goals get lost in the demands of day-to-day life, but faithfully every year we try again. Unfortunately, studies estimate as few as 10 percent of people actually keep their New Year resolutions. So how do you set goals and ensure you achieve them? Through resolve — the determination and willpower to not only make a firm decision to do something, but do it successfully.

First things first, if you don't know what your goals are, then get off on the right foot by committing to "Identify my fitness goals within one week." Don't worry if the goals you set aren't perfect; you can always modify them later, the point is to do something now.

## Work Smart.

**RESOLVE** to get up and move forward. Many people lack the motivation to even get started or they don't know how to take the first step. Review what you've done in the past and then explore if there's a better way to accomplish your goal. How committed were you to reaching success? Many times reevaluating will get you off the starting block and quickly running towards the finish line. Also, even small tidbits of information or a little friendly competition can spark the change you need to seize the prize.

## Play Hard.

**RESOLVE** to reach your weight goals. Have you found yourself with a few extra inches or pounds or do you want to build and define some lean muscles? Then why not make the most of your efforts! When taking the time to break a sweat, maximize the benefits to your body by pushing yourself to reach a higher workout level. Challenge yourself by adding more weight as you lift or increase the incline on the treadmill. The results will be astonishing, and it doesn't take any extra time! Plus, others will take notice and want to know your secret.

## Live Well.

**RESOLVE** to give your body the nutrients it needs. Fitness is more than exercise. Low energy levels and fatigue are rooted in our diets. Busy days make proper nutrition difficult, especially during the sugar-laden holidays. By the New Year, we are left deficient of the most vital nutrients needed to help us accomplish our new resolutions. Fuel yourself with the antioxidants, vitamins, minerals and phytonutrients that your body requires by supplementing with WIN's products. Formulated with the highest quality ingredients to ensure optimum absorption levels, they can help you rise up to the challenges you've resolved to triumph.

**"Identify my fitness goals within one week."**

# Keys to Success



**Always have at least one simple goal and one difficult goal at any given time.** The simple goals motivate you as you accomplish them rapidly. The difficult goals keep you challenged and growing. While multitasking can be tricky, it often leads to much greater results than working on each task separately. Not only can you achieve two (or more) goals simultaneously, but you also save time and gain motivational momentum, leaving you ready to meet the next challenge.

**Build on your successes and failures.** Don't stop, even if you get side-tracked or discouraged. Just get back on track and keep plodding forward. The best way to ensure your success is simply to keep on going. Calories burned are after all, calories burned. The accumulation of many small steps equals significant progress and the further you go, the easier it gets.

**Most of all, strive for balance.** Remember, diet is as equally important as exercise. Also, make sure you set goals (whether easy or hard) across different areas of your life: health, finance, family, relations, learning, career, etc. For instance, don't set 10 health goals but then neglect your business, friends, and family.

Everyone desires more energy, more vitality and better health. WIN helps you achieve total wellness. Make this the year you finally accomplish goals. Take all of WIN's products and experience the results. Remember, others around you have the same desires and dreams, so share your products with them. Before you know it, you'll not only be increasing your chances for optimum health, but also increasing your ability to attain your financial resolutions for the year as well!



## 10 WAYS TO REACH A GOAL

1. Set goals and decide when and what you need to do to achieve them.
2. Set mini goals that help you achieve your main goal.
3. Write down your goal or cut out pictures of what you want to achieve and look at it everyday.
4. Visualize yourself working towards and achieving your goal.
5. Use the buddy-system and hold each other accountable.
6. Set aside days and times for working towards your goal.
7. Celebrate the small milestones.
8. Treat yourself for achieving — at the end of each month, if you met [or surpassed] your goal, buy that something special you've been eyeing.
9. Stay well-rested.
10. Take care of yourself; make sure your body is receiving all the nutrients it needs to stay in tip-top shape.

*TIP: WIN has great products for this!*



## CHALLENGE YOURSELF!

Focused on toning up or improving your physical profile for the New Year? Planning on taking your business to a new level during the next 12 months? Track your results to keep you motivated! Take pictures and journal your experiences. Then share your journey with [marketing@winltd.com](mailto:marketing@winltd.com) for a chance to debut in your very own feature!