

# Sticking to the **BASICS**

by **Jeremy Gentles, MA, CSCS**

I am not a big fan of the typical New Years Resolution fitness articles. While many of these articles are intended to be motivational, they generally do little to encourage long-term success and the advice provided is often downright ignorant or mediocre at best. Like many other aspects of a healthy lifestyle, success with exercise requires consistency, proper goal setting, and having some basic knowledge of how your actions impact your life. You don't need some hyperactive "fitness expert" pitching you the latest exercise gadgets and routines in order to succeed during any time of the year, much less New Years. When it comes to exercise, getting back to the basics is one key to success that is frequently ignored. With this said, ask yourself a simple question. Does my exercise program better prepare me for situations I may face in everyday life?

OH Member Erin C. had duodenal switch surgery on September 17, 2008, and has lost 143 lbs since then. Profile: <http://www.obesityhelp.com/member/supergirl3/>

