

STICKING WITH NEW YEAR FITNESS RESOLUTIONS
Laura Irvin, DO, Sports Medicine, Baylor Scott & White Health

{**ON CAM**}

DID YOU MAKE BIG FITNESS GOALS FOR YOUR 20-23 NEW YEAR RESOLUTION?

HAVE YOU ALREADY FALLEN OFF THE BANDWAGON?

{**TAKE VO**}

TRT:

JOIN THE CLUB- SURVEYS SHOW MOST RESOLUTIONS ARE FITNESS-RELATED, AND NEARLY HALF FIZZLE OUT BY FEBRUARY.

BUT IT'S NOT TOO LATE TO *NOT* JOIN THAT STATISTIC-

IF YOU'VE THROWN IN THE TOWEL BECAUSE YOU HAVEN'T SEEN RESULTS- SPORTS MEDICINE DOCTOR LAURA IRVIN SAYS YOU NEED TO RESET YOUR EXPECTATIONS.

{**TAKE SOT**}

Laura Irvin, DO

Baylor Scott and White Health

TRT:18

You don't want to lose a lot of weight in a short amount of time. It's not healthy for you.

It's typically not good weight loss, and it also typically doesn't stay off. Something else to keep in mind is if your goal is to be stronger, you actually may not see a change on that scale because muscle weighs more than fat

{**ON CAM**}

IRVIN ALSO SAYS YOUR RESOLUTION SHOULD ALIGN WITH YOUR INTERESTS- HATE RUNNING? DON'T MAKE YOUR GOAL A MARATHON.

AND HYDRATE- IF YOU DON'T DRINK ENOUGH AFTER WORKING OUT,, YOUR MUSCLES CAN'T REPAIR PROPERLY AND THE RESULTING SORENESS MAY MAKE YOU WANT TO QUIT.