

## Setting Fitness Training Goals

Under the surface, every body is built the same. Each of us has an athlete's body buried down there somewhere - and we all have the ability to move like athletes. Some of us are just ahead of others in terms of our fitness progress. However, with appropriate nutrition, sleep and exercise, everyone can jump and move just like athletes do. This is how life is meant to be played, and our bodies are built for exactly this kind of movement!

Before you begin a training regimen, it is important to determine your specific training goals. Are you a professional athlete training to increase your level of performance? Are you a general health-and-fitness enthusiast who wants to slim down and feel great? Are you a physical laborer who wants a permanent solution for your back pain so you can start feeling strong and healthy again? Are you seriously overweight, and ready to make and stick to a life-changing commitment?

Only after you have determined your major health and/or fitness concern can you begin working toward that goal. For example, it wouldn't be very productive to train like a bodybuilder and put on a lot of nonfunctional muscle that weighs a ton if you had a goal to compete as a professional boxer. It is essential to identify your primary goal and remain focused on it without getting sidetracked into a training agenda that will only detour your success.

You must be specific when you design your training program, ensuring that it will accomplish the specific things you desire from it. Be clear and precise with your goals. Have a realistic timeframe. How much time are you willing to commit to this exercise program - per day, per week, per month? What is the best time of day to fit exercise into your busy schedule? Determine a time that will work, and adhere to it - no excuses. Admit honestly how far you are from achieving this goal, so you can gauge how long it's going to take to get from your starting point to that goal.

The most important thing is to design a program that is specifically tailored to your needs. A general one-size-fits-all plan, or one created for another individual, will not necessarily work for you. Your level and ability are different from others', as are your goals. So don't look to train like anyone else, and don't expect others to train like you.

Once you've identified your goals and designed a program to help you accomplish them, all that's left is to begin!

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### About the Author

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