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What can a busy young professional do to incorporate wellness into his or her daily routine?

A: Long-term success in achieving total body wellness requires planning, discipline and finding ways to motivate yourself every single day. Be aware that your level of motivation will change from day-to-day. Therefore, you must recommit to your goals each day and tweak them to fit changes in your lifestyle and attitude.

It is necessary to set aside at least a half hour every day to devote to yourself and your workout routine. I recommend making it a standing appointment in your calendar that way you have no excuse for not having enough time to workout. I recommend working out three to six days a week. It is important that you hold yourself accountable. The best way to do this is to enlist family members or friends to exercise with you and/or hiring a personal trainer.

Make sure to start with a routine that is manageable and increase it over time. Change your program every six weeks to avoid hitting a workout plateau.

Remember it takes 21 days to create a habit so don't give up on working out before you hit the three-week mark.

In order to achieve total body wellness, you must also have a balanced diet, average eight hours of sleep per night, take vitamins or supplements for added nutrients, and drink plenty of water. Within a week of adopting a "healthier" lifestyle, if you stick to a strict regimen, you will feel better both physically and mentally – you'll have more energy, an increase in your level of confidence, be able to manage stress more effectively, and will have better focus.
