

Ask *the* Expert

Exercise – A Healthy Habit.

Happy 2014! Along with the New Year comes the dreaded word... resolution.

The actual definition of a New Year's resolution is; a promise that you make to yourself to start doing something good or stop doing something bad on the first day of the year.

Yes, today is the perfect time for you to get started with your resolution-or to resolve to kick a bad habit.

Ironically, it comes after Thanksgiving, Christmas, and that New Year's party last night! So, why wouldn't exercise be at the top of your list each year?

When am I supposed to find time to exercise?

You have to find time to exercise! You don't have to drop what you are doing in the middle of the day.

It's important that you find a time that is best for you. I like to encourage my clients to workout in the morning if at all possible so that they don't get so carried away with work or family that they end up missing exercise all together.

If morning does not work with your schedule, find a time that does! Even if you have 15 minutes to walk around the neighborhood or parking lot, 15 minutes is better than zero!

It's important that you get into the habit of exercise

and make it a part of your daily and weekly routine... And not just for January, but for the entire year!

I don't know how to exercise!

Here at the NEA Baptist Clinic Wellness Center, when you join, you get a free session with one of our personal trainers. They will help show you our equipment and get you started on a routine.

We also have several different classes to help fit your schedule and to keep you motivated.

Having a trainer, or an instructor here waiting on you, leading you, encouraging and motivating you, will help take the guesswork out of it and help you show up!

I've always heard that it takes 21 days to form a habit. True or not, I would like to encourage you to try to exercise 21 days and beyond.

Hopefully, it will become part of your routine and it will stick with you for the rest of the month and year.

My New Year's resolution would be to encourage and to motivate each and every one of you, so come join me and my staff and let us help you!

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Mon-Thurs
5:00am-9:00pm
Fri 5:00am-8:00pm
Sat 9:00am-5:00pm
Sun 1:00pm-5:00pm



Kara Fowler
Personal Trainer
NEA Baptist Clinic
Wellness Center

NEA BAPTIST 
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