Methods To Set Health Goals That Last

Hello [[firstname]],

If you haven’t read today’s blog post on why setting goals is important, take a look now.

[Insert Link]

It seems like everyone sets health goals at the very end to the very start of a new year. This is why so many gyms offer better discounts, options, and free trials. They know that is when people are the most interested in their business. The trick is, most people don't stick to it. If you are looking for ways to set your goals and actually stick to them for weight loss, then here are some tips and methods to consider.

**Avoid Specific Weight Goals**

When you set yourself a goal of dropping a specific amount of weight, then you run into some possible issues. For example, if you set a goal to drop 60 pounds you may get discouraged if you get to 45 pounds and stop or find it harder. This can make you feel even worse because now you can't seem to drop the weight you wanted and you forget how far you have come. This is one of the issues that sets most people back and leads to them giving up and regaining the weight. Instead, set the goals that will lead you to dropping the weight you want. You can also set goals based on clothing, like wanting to fit into a certain pair of jeans or a dress.

**Consider Your Routine**

One way that most people lose track of their goals and get off track is by setting the workout or weight loss goal separate of the routine of their daily lives. For example, you may set a health goal for going to the gym five hours a week. In reality, you may not realize that with your current schedule won't allow that, or it will allow for that specific amount of time but not driving to the gym or preparing for the workout itself. For this reason you should try the method of considering your routine and working the health goals into the routine rather than the routine into the health goals.

**Make Social Goals**

Try to make goals that keep you social. Go for health goals that put you around new people and friends so you can get in your socialization during a walk, run, or workout. This will also allow you to set smaller goals with friends on workouts or running faster and walking faster. Meeting those goals will actually help you to maintain your health goals for a longer amount of time. You can also help spread your health goals and lifestyle to other friends.

Remember, these methods can be tweaked to work with your lifestyle. Not everyone is the same, but with these methods you can set the health goals you need and make those goals last. You can also change the goals as you need to by using these same methods.

[sign off]