



## Tips to Turn Your “Impossible” Fitness Goals into Possible

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Yes, that would be FBG Tish and Jenn, just about to cross the finish line together!

We love setting goals here on FBG. There's really no better way to get to where you want to be (and get rewarded for it)! We recently got these tips from [Tara Zimliki](#), certified personal trainer and [boot camp instructor](#), on how to turn your fitness goals into reality.

And Tara would know. She's a crazy-awesome runner who has completed 15 marathons and hundreds of races worldwide. In fact, she completed the New York Marathon eight months pregnant and even ran 1 mile the day she gave birth to her first daughter and 3 miles the day she gave birth to her second daughter. (Girlfriend needs to check out [FBB!](#))

Tara believes that taking on a personal fitness milestone is just as much a physical feat as it is a mental one. And by setting achievable mini-goals, she says you can make an overwhelming cliff seem a lot easier to climb, literally. We couldn't agree more! Read on for

Tara's tips to turning those impossible goals into possible feats!

### Impossible Fitness Goal #1: Break the Yo-Yo Diet Cycle

#### Easy Solution #1: Consult a Good Personal Trainer

**Sometimes we need a little one-on-one attention to get us to our goal weight.** People are often unsuccessful because they try to fit into the mold of what they think they should be doing, instead of trying something tailored to personal preference. Some of us may be turned off by the cost of personal trainers and health experts, but many people don't realize these sessions need not last forever.

**Think of a personal training session as an investment.** A good trainer knows when a client is able to be on his or her own. Once you have the knowledge and guidance that can only come from a certified health professional, you will have the tools to defeat your waistline woes once and for all.

### Impossible Fitness Goal #2: Lose Those Last Five to 10 Pounds

#### Easy Solution #2: Enter a Weight-Loss Contest

**The most important thing to do when getting rid of those last few unwanted pounds is to stay motivated.** What better way to do so than with a little competition? Join a weight-loss competition or start one with friends and family in order to get you through a diet slump.

**Studies show support from a partner or buddy will increase your chance for successful weight-loss.** If there's a prize involved, the cash incentive will give you that extra push to see this objective to the end. You'll lose those nagging pounds easily—no contest!

### Impossible Fitness Goal #3: Run Your First Marathon

#### Easy Solution #3: Start Training Early

**Start training sooner than later.** Race day is the culmination of months of training and preparation. However, don't be discouraged by the commitment you are about to make.

**The web offers online workout-building devices and nutrition calculators to help you create a realistic training program.** By creating a personalized-training guide, you know exactly how much time you need to get race-day ready. There are thousands of marathons each year, so don't feel rushed to get this lofty goal checked off your list. You will make it happen in due time!

### Impossible Fitness Goal #4: Break a Personal Record

#### Easy Solution #4: Take a Break!

**Competing in a 5K, 10K, marathon, or triathlon is a feat in itself, but breaking a previous race time is a glorious accomplishment.** A faster time is concrete proof of all your hard work and dedication, regardless of whether or not you won the race.

**Keep track of your progress daily, including off-days, and take breaks often.** The worst thing you can do before race day is to burn yourself out. So consider slowing down or taking a walk break. Runners at a 10-minute-mile pace tend to lose about 15 seconds when they walk for one

minute. This means that for every minute run, the runner only has to run 5 seconds faster. This break also gives the runner time to recover and regain his or her strength. For veteran competitors, running at a slower pace, rather than walking, can have similar effects on your race time.

## Impossible Fitness Goal #5: Bounce Back From an Injury or Hiatus

### Easy Solution #5: Alternate Between Different Types of Workouts

**Re-starting your old fitness regimen can be more difficult than it was the first time around.** The fear of a repeat injury or being unable to complete a desired workout can be daunting. In general, people need to find what is most comfortable for them. There are many intimidating aspects to getting back into shape.

**Don't overdo it during your first weeks back.** Work out differently than you're used to. Biking or swimming can be great alternatives to running and weight-lifting, for example. Trying a new fitness program will not only force you to start slowly, but will also help keep your body sturdy when you decide to return to your normal workout.

Evaluate your goals in terms of the joy and fulfillment they will bring you once they are completed. No matter how big or small, each milestone will make you stronger in body and mind. When beginning your next fitness task, keep these expert tips in mind and before you know it, you'll be scaling Everest. Good luck!

A big thanks to [Tara](#) for providing the tips! What's the biggest fitness feat that you've accomplished? —*Jenn*