

# Don't Let Your New Year's Resolutions Go To WAIST

by Kim Landry-Ayres, Personal Trainer and Nutritionist  
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As a personal fitness trainer, nutritional consultant and professional body builder, **Kim Landry-Ayres** helps her clients set and achieve their goals in the areas of health and fitness. However, the themes and concepts woven throughout her presentation are applicable to many other aspects of our daily professional and personal lives.

In the area of Goal Setting, Landry-Ayres stresses the importance of being realistic, staying away from "never" and "always" goals, and the need to set specific action oriented goals. It is also important to visualize the end result, the process that will be necessary to achieve the goals and the obstacles that must be overcome.

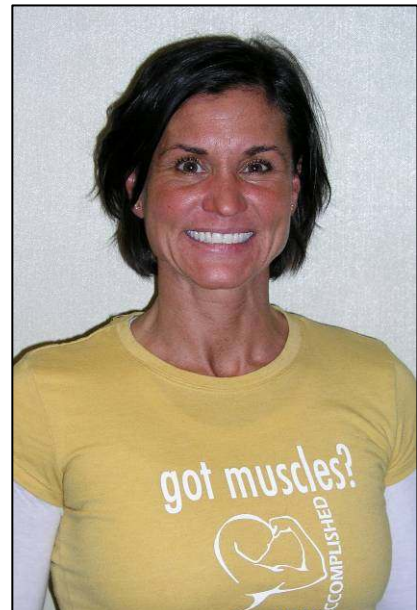
Landry-Ayres said that it is important to apply some cognitive thinking tricks on our way to achieving our goals. We must be able to identify sabotaging thinking and be able to respond to it. We must also learn the behavioral skills necessary to overcome all kinds of obstacles that are bound to crop up. Finally, we must be able to counter the "unfairness syndrome". We have two choices... feel sorry for ourselves and never reach our goals, or empathize with ourselves, but then go ahead and do what needs to be done.

In order to sustain long-term behavioral changes in the areas of health and fitness, Landry-Ayres encourages her clients to set priorities, give themselves a break on things not on the top of the list, give themselves credit for the things they're doing right, and trust that over time the new skills and fitness habits will become second nature.

Landry-Ayres also had some basic fitness and health tips for all of us... keep blood sugar level through a healthy diet, get enough sleep, laugh, focus on the positive, treat yourself, and get regular exercise. Finally, she emphasized the importance of sustaining the commitment... it takes 40 days to change a habit, 90 days to confirm the new habit, 120 days for the new habit to become who you are, and 1,000 days to master the habit.

For more information, go to [www.kimayres.com](http://www.kimayres.com)

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