Get Back on Track
Stay on course to reach your goals

By now, most of your New Year's resolutions are in full swing. The people you started to achieve your goals are feeling a bit fatigued, but overall, you're making steady progress. A big need is trying to create a new strength training and nutrition program. It's not easy, but the benefits are numerous, and it can be a great opportunity to re-evaluate your life.

So how are you feeling today? Are you feeling sluggish or just a bit down? Old routines and habits may be taking over, but you're making progress. You begin to feel a bit more energized and ready to tackle your daily goals.

Ask Nicole

Nicole's Back on Track Tips

1. Prepare your meals in advance. Plan your meals the night before so you know what you'll be eating the next day.
2. Keep a journal. Record your meals and beverages to ensure you're meeting your nutritional needs and positive emotions. This will help you stay on track.
3. Don't worry too much about numbers. Focus on how you feel, not just what you're eating.
4. Surround yourself with positive people who support you and your goals. Ask your friends and family for support and encouragement.

Reverse lunge on aerobic step: a great glute mover!

3 SONGS THAT KEEP ME MOTIVATED

- Lady Gaga
- David Guetta
- Bruno Mars

Reverse lunge on aerobic step: a great glute mover!

- Start on one foot. Keep your back foot up, step your front foot forward, and lower into the lunge. Make sure your front knee is directly over your ankle and your back knee touches the ground. Work on perfecting this movement before starting to use it in your workouts.

Do 8-12 reps per leg, 3 rounds for a great cardio workout.