

Burnt Out Before You've Begun?

September is already drawing a close, and it might feel like you haven't even been able to start your new September routine yet. Each year, January and September look very similar to each other to those in the fitness industry. There is a surge of goals, expectations, and plans, and then often a plateau or drop. The challenge though, is that it's busy - very busy - and many are left feeling overwhelmed, exhausted, and then discouraged.



So how can you create a reasonable plan for your wellness routine? **Be realistic, clarify your expectations, and be honest with yourself.** What do you hope to accomplish with your routine? What steps can you realistically take to move in the direction that you would like? How much space do you have to work with during your week? Can you add something? Can you take something away? Can you firm up a boundary? Can you ask for help? Are there obstacles currently in your way, and if so, are they immovable or self-imposed?

The good news is that your journey isn't over until it's over. September might be wrapping up soon, but hey, why not make October the new September?

Need the help of an expert? Talk to your on-site Curtis Health Personal Trainer for tips on how to firm up a realistic plan to get you on your way.