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Kick-Start a New Workout

(CARLSBAD, CA) – Set that New Year's Resolution yet? If you're like most Americans, you probably have some type of exercise or fitness goal this year. Of course, you already know that making the resolution is the easy part. The hard part is actually sticking with it.

Jazzercise Founder and CEO Judi Sheppard Missett has helped countless women embark on new workout plans every year. To help you kick-start your new workout and actually stick with your resolution, Missett suggests following these six steps:

Step 1: Make an Appointment – Your fitness regimen is just as important as your dentist check-up, folding programs for your niece's school play, and dropping off your hubby's jacket at the dry cleaners. So, make a workout appointment! Block-out a workout hour in your planner. You're far more likely to stick with your fitness plan-of-action if you write an actual appointment time in your calendar.

Step 2: Keep Your Appointment – Once you reserve a fitness timeslot for yourself, avoid canceling that appointment, only to fill-up the timeslot with other commitments. Don't ever apologize for making yourself a priority. When Aunt Jane calls to ask that you help her plant the Spring garden at the same time as your Spinning class, let her know that you have another appointment, but you'd be happy to assist at a different time.

Step 3: Pack a Bag – If a meeting runs late or a last-minute errand catches you off-guard, there's no need to trump your workout. Keep your gym bag packed and store it in your office or car. That way, you'll always be ready.

Step 4: Get Some Training – If you're new to exercise, sign-up for a few personal training sessions to ensure that you are performing movements correctly. The skills that you learn from one or two sessions can go a long way in preventing injury and maximizing results. And don't worry about forking over the big bucks for one-on-one training. Look into a small group setting, such as a Personal Touch small group class at your local Jazzercise facility. When you split the cost with a few other costumers, then you get the benefits of personalized attention without bearing the brunt of the entire bill.

Step 5: Buddy Up – Talk to your friends and family. Let them know that your personal health and well-being are important to you, and ask for their help. Perhaps one or two of your friends will jump onboard with you. You'll be more accountable to show up at the gym if your workout pal is waiting for you.

Step 6: Relax – When you start a new fitness program, be prepared for some achy muscles. After all, your body isn't used to working so hard. Soak in a warm bath with Epsom salts to reduce soreness. Then, get back to the gym. You'll be less stiff and sore if you stick with your fitness regimen on a regular basis.

Judi Sheppard Missett, who turned her love of jazz dance into a worldwide dance exercise phenomenon, founded the Jazzercise dance fitness program in 1969. Judi and Jazzercise Executive Vice President Shanna Missett Nelson have advanced the business opportunities of women and men in the fitness industry by growing the program into an international franchise business that today, hosts a network of 7,500 instructors teaching more than 32,000 classes weekly in 32 countries.

The workout program, which offers a fusion of jazz dance, resistance training, Pilates, yoga, and cardio box movements, has positively affected millions of people worldwide. Benefits include increased cardiovascular endurance, strength, and flexibility, as well as an overall "feel good" factor. Additional Jazzercise programs include Junior Jazzercise, Jazzercise Lite and Personal Touch. For more information on Jazzercise go to jazzercise.com or call (800)FIT-IS-IT or (760)476-1750.

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