Questions to Ponder……..

Lifestyle Change:
- Are you willing to make some changes in your way of life?
- Do you view lifestyle change as a lifetime goal rather than as a temporary, short-term goal?
- Are you willing to get personally involved in planning a lifestyle-change program?

One of the biggest mistakes that people make in starting health programs is viewing the change as temporary. The Boxer Bootcamp program should be seen as a **primer** for life change, rather than a program to “get through”. If the change is not sustainable, you will be right back in the same place again next year…if not worse.

Goal-Setting:
- Are you willing to set modest, realistic goals?
- Are you willing to establish some time benchmarks for success?
- Are you willing to tell others about your goals?

A successful lifestyle change often results from the effective use of goals. We are sure that you have a goal, or else you would not have joined the program…but are your goals set in a way that gives you the best chance of success?

Variety:
- Are you willing to experiment with activities that are out of your “comfort zone”?
- Are you willing to vary your routines in order to not suffer from burnout?

The reason that many programs do not result in long-term lifestyle change is because of burnout. Burnout is the psychological withdraw from an activity that results from lack of interest and results. Mix-up your routines and activities in order to keep yourself interested.

Realism:
- Are you prepared for some disappointments?
- Can you accept a relapse as a temporary setback rather than as a full-blown failure?
- Do you have the patience to accept success in small increments stretched over a long period?

Most exercise programs lack the intended results within the intended timeline, and in turn…participants lose their motivation. In order to keep from falling in this trap, you must be realistic about your outcomes, and be patient with the results.