

# DOES YOUR JOURNEY HAVE A TARGET DESTINATION?

by: Nadia Bender



So here I am teaching my fitness class and we are doing what I call “frog squat jumps.” It is quite a demanding move to stay down low and literally jump like a frog forward and backwards with your knees bent at a 90-degree angle. My clients are counting how many we are doing because usually after I begin to count I stop when I start talking to them about remembering to breathe. Then I forget where we are in the number of frog squat jumps since I am now correcting their form. What I find very interesting is how important it is to the clients the number of reps that are left to do, not how many we have done! I am doing the exercise with them and enjoying the music and they are wanting to know what the target number is that we are reaching for - sometimes we do 25, sometimes we push to 40.

For me, regardless of the goal, it is the journey of the intense exercise that I want them to focus on. Yet they are focusing on the goal at the end destination in order to push through the exercise. When we have a goal in mind it makes it easier to keep on going even when our legs are seizing up!

What I forget is that I have the goal in my mind of how many frog squat jumps we are going to do - but I don't necessarily want to share it with the clients in fear that they might slow down how hard they are working in the exercise!

I need to remember how important it is for the client to also have a goal in mind so that the journey becomes more rewarding and more achievable if they know the end is in sight.

We may have different goals in our fitness to achieve, but it is the setting of the fitness goal that takes priority and makes us continue with the challenge of the journey!

If we don't have a goal or destination in mind, it is too easy to stop. Without a fitness goal, one day of missing your workout can become two, or five, or ten days missed and then the habit is broken. Having a goal helps to motivate you not to break that workout habit or to start it again if you've fallen off the fitness wagon.

Some clients enjoy the journey of getting fit and others just want to reach the destination of being fit and don't care how they get there!

It actually doesn't really matter which one you prefer as long as you have set a fitness goal there will always be the need to be committed to the goal in order to achieve it.

So if you need some assistance in setting your fitness and/or healthy lifestyle goal, and staying focused in your journey in order to reach your destination, then give us a call.

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