

## Business Fit Tip Getting In Shape

**N**ew Year's Resolutions are appropriate for both your business and personal lives. Fit For Business would like to give you some ideas on how to get you and your business in better shape. Apply the following guidelines to improve your business and your health:

- 1. Set your long term goals. Where would you like to be in one year's time?** Be very specific in the details that describe your goal. These details will help you create your plan.
- 2. Break your long term goals into weekly goals.** Where you are trying to sell to 100 new clients or complete a marathon, you need to complete each new client or mile individually. Set

also great re-energizers for your body and mind.

- 6. Get outside for some fresh air every day.**
- 7. Have a buddy to report your progress to.** Whether you report to an expert or just a friend, it will help keep you motivated and on your action plan.
- 8. Tell someone about your plan for today.** Saying your plan out loud can triple your chances of actually doing the work.
- 9. Stretch for two minutes every time you take a break.** Do you have a few stretches that you can do to relax your shoulders and your hamstrings. These two mus-



# Fit For Business

## A Personal Trainer For All Aspects of Your Company

up your plan based on the necessary results for each week. To get 100 new clients you need two new clients each week. How are you getting these new clients?

- 3. Hire an expert to help you set up a realistic plan.** Focus your time, energy and money in the same direction by having an action plan designed by an expert so that you do not get distracted or waste any energy on the wrong strategy. Getting an hour or two consultation could save you thousands of dollars this year.
- 4. Set up a routine that gets you going in the morning.** Is your alarm clock set? What time are you ready to go? Be consistent in your daily start time and your results will be consistent as well.
- 5. Take scheduled breaks during your day.** Stay focused on today's pro-active activities until you have your scheduled break. Breaks are wonderful rewards for being productive and they are

cle groups can hold a lot of your tension and in the long run drain your energy. Take back your energy with a two minute stretch.

- 10. Give yourself a reward for reaching a milestone in your goals.** What kind of rewards will keep you going through the tough times and make the good times even better. Do it! Reward yourself for doing a good job!

### One hour free Fit For Business introduction

Get your business ready to survive the marathon of 2008.

Set up your complimentary introductory session today.

Call Cheryl at Fit For Business at 647-287-0320.

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