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## Consistency, small goals key to 2017 fitness success

Sheila Vilvens, [svilvens@communitypress.com](mailto:svilvens@communitypress.com) 12:57 p.m. EST December 20, 2016



*(Photo: Thanks to Anderson Park District)*

Setting those New Year's resolutions might be simple, but crushing those goals is a whole other matter.

Anderson Township's Patricia Randall knows about sticking with a program. Four years ago she signed up for her first yoga class through the Anderson Park District. She has nothing but good things to say about instructor Cheri Dean and the program. The yoga class provides a good stretch without generating muscle pain, she said.

"After it's over I feel so wonderful. I always tell (Cheri Dean) I get the yoga glow," Randall said. "I'm a real fan of hers and she's extraordinarily knowledgeable about every single part of the body and all the muscles and tendons."

While she will not divulge her age, Randall said that she believes most people guess her at least 10 years younger.

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“I feel as fit as I’ve ever felt in my life because of yoga that I take,” she said. “It has made such a difference in my life.”

The Anderson Park District recognizes the benefits of fitness and the trend towards fitness related resolutions. Traditionally people tend to make their New Year’s resolutions regarding fitness and getting healthy at the start of the year, Anderson Parks Recreation Manager Jessica Fall said.

“Every year our winter season tends to have the highest participation numbers in our fitness classes,” she said. “Some of our sessions are already sold out. The popularity of New Year’s resolutions is one reason we added the Realistic Resolutions Workshop. We hope this workshop gives people the tools to succeed with their fitness goals long-term.”

Cheri Dean has taught yoga and Pilates at the Anderson Park District for about eight years. Most of the participants in her programs are not there necessarily to shed weight or to reach some immediate fitness goal. In her programs, Dean said, she finds people wanting to take more time for themselves and wanting to be more mindful and in the moment,

“The mind/body connection they get from yoga and the Pilates helps them to connect either with how they are feeling or just knowing how to stay calm; just be in that particular state at that time and be concentrating on themselves,” she said.

Because of this, most of her program participants, like Randall, are in it for the long-haul.

For people who are making or have made a resolution to be more fit in 2017, Dean offers some advice.

“I think best thing I can say is never give up,” she said. “Even if you’ve missed several weeks or several sessions, do your best to get back and make it new to yourself again. Just never give up.”

Dean also suggests setting smaller goals in their quest of a larger goal and to be consistent.

“This is today, it’s not last week and it’s not what will be tomorrow or next week,” she said. “It’s right now, just enjoy where you are and who you are.”

Signing up for yoga, Pilates or any program is the best thing a person can do for themselves in the New Year, Randall said.

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“I think you could ask any physician, and they would tell you, you do have to keep moving,” she said. “You can’t sit in some BarcaLounger every day and watch TV. You’ve got to get up and moving.”

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For those interested in joining a program to help eat right, the number of members at Park Districts for Pincode Exchange, Yoga Care, Yoga Plus, Get Fit 101, Core Strength and Cross Training Circuits. Fall said the park district also encourages people to use the park trails, which are open dawn to dusk, seven days a week.

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