



## ***Reasons to run***

Considering HBF's Run for a Reason in May? Exercise physiologist Max Tamatoa shares his tips on making your resolution a reality

### **What's the secret to goal setting?**

"I want to lose weight" is not a goal. That's a wish! Get specific, put a timeframe around it and set something achievable. Plan how you're going to get there. If you want to lose 5kg, you might put three one-hour exercise sessions into your diary, cut out alcohol and keep a food diary.

### **Where do people go wrong with goals?**

Making a goal and then keeping the same behaviour is guaranteed to fail. Like anything in life, you've got to accept that you have to put the work in and make it non-negotiable in your life.

### **What does it take to break bad habits?**

Get an action plan; replace the bad with the good. Say you turn on the TV as soon as you get home and watch it all night. Why not change that habit to going for a 30-minute walk as soon as you get home – whatever the weather? Persevere and keep the end goal in mind. It takes 21 days to break a habit.

### **What are your tips for exercising in a Perth heatwave?**

Consider changing your exercise routine – take up swimming or hire a treadmill, workout DVD or set of weights so you can exercise indoors. Also, keep hydrated, try to exercise in the cooler parts of the day. Be aware of the signs of heat stress, cover up and wear a hat.

### **How can people prepare for an event like Run for a Reason?**

We run free group training sessions on the Esplanade. It's different training to what most people will do by themselves, and can be more motivating. There's also the HBF Run for a Reason app – it's free and gives training programs, GPS tracking of your training, and nutrition guides.

*Run for a Reason is on May 27. Free training sessions start in April – sign up at [bbfrun.com.au](http://bbfrun.com.au).*