

# Evolutis

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**IN THIS ISSUE**



**SEVEN EASY WAYS TO  
ESCAPE BURNOUT**

**HEALTHY FOOD  
HEALTHIER MIND**

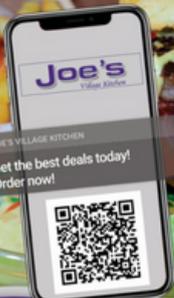
**WOMENS RECOMMENDED  
TRAINERS FOR THE GYM**



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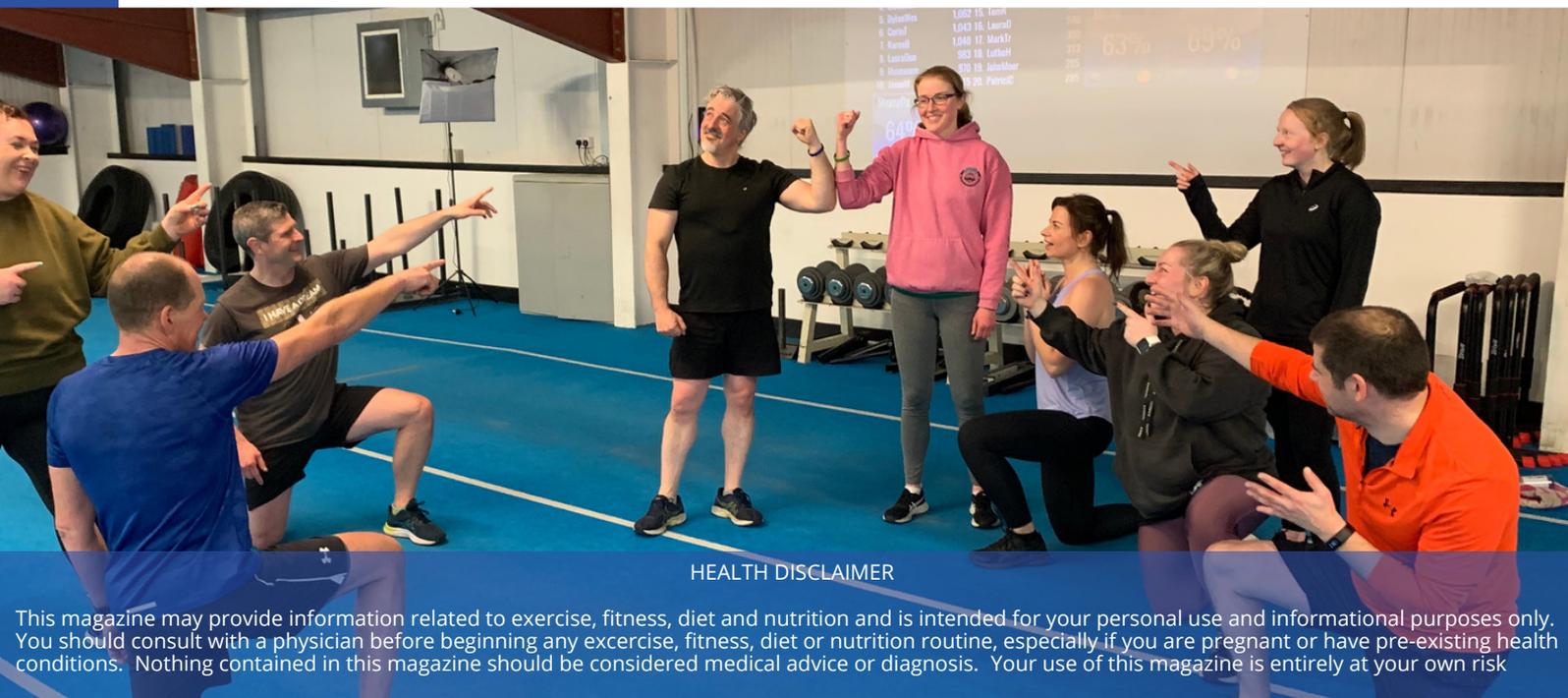
98FM

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JOE'S VILLAGE KITCHEN

BEST OF DUBLIN

# CONTENTS

- 4 SEVEN EASY WAYS TO ESCAPE BURNOUT
- 6 TREADING LIGHTLY ON THE TOPIC OF WEIGHT AROUND MEN
- 8 FOODS THAT AREN'T JUST GOOD FOR STICKING TO YOUR CALORIES
- 9 GETTING BACK INTO THE SWING OF THE WORK-LIFE
- 11 WHERE TO DONATE ANY UNWANTED CHRISTMAS GIFTS
- 13 NEW YEARS DECLUTTER, WHERE TO START
- 14 SETTING YOURSELF REALISTIC NEW YEARS RESOLUTIONS
- 15 HEALTHY FOOD, HEALTHIER MIND
- 17 WOMENS RECOMMENDED TRAINERS FOR THE GYM
- 19 HOW TO OVERCOME FEELING SHY AT THE GYM AS A WOMEN



## HEALTH DISCLAIMER

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7 EASY WAYS TO ESCAPE AN EARLY

# BURNOUT



**You know how it goes. You wake up in the morning feeling amazing, motivated, and excited to take on the day. And then, all of a sudden, it's time to go to work and you feel like something's holding you back. You start to lose all the energy and motivation you had half an hour ago. In fact, you start to have a feeling of being exhausted and unable to keep going.**

Sound familiar?

So is there any way to avoid this? Yes, there are ways you can avoid it. Let's take a look.

### **1. Get some good quality sleep**

This is one of the most crucial things you can do to ensure that your day goes well. This is because humans are like batteries. They need to be charged up for them to function properly. And the best way to charge yourself is by getting proper sleep at night.

It's suggested that an adult should sleep around 7 to 8 hours each day.

It will help you to be more productive and less tired during the day. So make sure to reschedule your day if you find yourself not getting enough sleep each night.

### **2. Eat a healthy breakfast**

Eating a healthy breakfast will make you feel more energetic, active, and alert throughout the day. You'll also feel less hungry during the course of your day if you eat a healthy breakfast.

Make sure to eat foods rich in proteins, carbs, and good fats as

they give you more energy compared to eating sugars or sweet cereals. Add eggs, brown bread, fruits, and juice to your breakfast

### **3. Do some form of exercise**

Studies show that people who do any kind of exercise in the morning perform better and are more active during their day.

It's because exercise helps to kick start our metabolism and reduce stress, which makes us feel more refreshed.

Wake up early, go to the gym, lift some weights, do some cardio, and you'll see the results in no time. If you are not a fan of gyms, you can just go jogging/running or try some free-hand exercise like pushups and sit-ups.

### **4. Quit bad habits if you have any**

We sometimes don't realise but bad habits like smoking, drinking, or any other form of addictions cause stress that makes us feel exhausted. It's because it strains your circulatory system and reduces blood flow to the brain.

So if you have any bad habits, try to quit them as they are affecting both your physical and emotional health. Keep yourself busy or try something new like painting, or writing. It won't be easy but nothing great ever comes easy.

### **5 . Take a cold shower**

It might seem useless but try it. Many studies have shown that cold showers make a person more active and alert. It's because the body reacts to sudden changes in

temperature by increasing blood flow and stimulating the nervous system, which makes you feel energetic all day long.

So having a cold shower in the morning will boost your mood, improve blood circulation, and give you more energy. Switch up the temperature of the shower to cold every morning and see how it makes you feel.

### **6 . Take power naps**

You might not believe this, but even a 20-minute power nap can restore your energy levels and improve productivity. It's because sleeping allows our bodies to rest and heal. And it helps us feel less tired when we get back to work/school/college. So don't be afraid of taking a short nap. In fact, make sure to take a short nap every day before going back to your daily schedule. It will give you the boost of energy that was lost earlier on.

### **7. Make time for yourself**

Making time for yourself doesn't mean spending more time on social media or partying holding a glass of wine in your hand. It means spending quality time with yourself and exploring new things. Spend quality time with yourself doing things that you love to do. Whether it's practicing your hobbies or spending time with your loved ones. Whatever makes you happy, just make sure you do it.

**So these are some very easy ways to escape an early burnout. So what are you waiting for? Try them today and see how it changes your day.**

# TREADING LIGHTLY ON THE TOPIC OF WEIGHT AROUND MEN



**Just like many women, men can also be sensitive about their body weight and shape. However, men are less likely to pay attention to their weight and health than women.**

Men often ignore warning signs like high blood pressure, high cholesterol, and diabetes because either they are too busy or they do not think of it as a serious matter.

So it's up to us to make those men aware of the dangers of obesity and encourage them to make a lifestyle change.

But we have to be careful about how we bring up the subject of a man's weight. As we said, men can be sensitive about this subject.

We can't make them feel that they are being judged on how they look. So what's the way? Let's find out.

## **1. Start with a question**

It is often a good idea to ask men questions that you could ask anyone.

Asking open questions about food can give you an insight into their diet.

Once you have an idea about what a man eats, all you have to do is to give them suggestions like what they can add or remove from their diet. It'll also help them realise that there is something that needs to be fixed.



## 2. Make him feel that you care for him

If you want to talk to a friend about his weight, then there is no better way than to show that you actually care for him. Men are more likely to listen when they realise that their problem is affecting other people around them.

Make him feel special by showing compassion instead of criticising him. Tell him that you are concerned about the changes to his health and well-being.

Don't make him feel like he is being judged, tell him that it's because you care for him and you want him to be healthy.

## 3. Talk about scientific facts about health

People are naturally interested in facts and figures, especially when it comes to health, and men are no exception. So you can tell him about things like calories and how they affect weight. Tell him that it's more than just the foods he is eating, it's also about exercise.

You can bring up studies on how obesity can lead to high blood pressure, diabetes, and heart disease.

Talk about how these problems are serious and potentially life-threatening. But you must know the person well enough to judge if he will be interested in these studies

## 4. Talk to their family

If you know someone but not that well, you could talk to their family members. It is not as intimidating as talking directly to him about his weight. It'll be easier for you to say what you want and they can then pass it on to him.

Since they are his family, they will

definitely want to help him. They will know how to talk to him about weight and health better than you do. If they see the person as a whole, they'll be able to say what needs to be said.

## 5. Ask him to be your gym buddy

If you go to the gym or are planning to start, ask him if he can be your gym buddy. It is very effective because you are both targeting the same goal. You can encourage him to work out and help him in his transformation.

Some men know what's going on with their weight but they are too shy to go to the gym. All they need is a push and a good company that can encourage them. So be that person for him and he'll forever be grateful to you.

## 6. Give him tips on healthy eating

If you want to talk to a man about his weight but don't know where to start, you can give him some tips. Just like the things that you would say in general, it's also the same.

You just have to make it a little personal since it's a special case.

A good tip is to show him what healthy eating looks like. If there are foods that you know he would eat, tell him why those foods aren't as healthy as he thinks they are. Make sure you make it personal but also don't make it humiliating.

So now you know the basics of how to talk to a man about his weight. You can now sit down with him and have a good discussion about what he eats and why he needs to change it.

**Start slowly and build from there until you get the person on track. Good luck.**

# FOODS THAT AREN'T JUST GOOD FOR STICKING TO YOUR CALORIES BUT ALSO HAVE AWESOME SIDE EFFECTS



## You know all those times when you're hungry and just want to eat something, but also really need to watch your calories?

Well, this article is for you.

There are some foods that are not only good for sticking to your calorie goals but have other benefits as well!

So keep reading our list of the top 5 best foods that can help men in more ways than one!

**1. Mushrooms:** Mushrooms are a great food to add to your diet. They have very few calories and the protein they contain is high quality too. In addition, these fungi can help maintain red blood cell health, increase male fertility and improve

liver function, which helps detoxify the body from harmful substances!

**2. Salmon:** In addition to being a great source of protein, salmon contains omega-3 fatty acids, which have been linked to improvements in heart health. Omega-3s can also help prevent prostate cancer and promote healthy skin and hair!

**3. Spinach:** This green vegetable is pretty much a superfood. It's loaded with antioxidants, vitamins, and minerals. Spinach can help improve the function of blood vessels which helps increase your sexual drive, prevent prostate cancer and improve eye health!

**4. Broccoli:** Broccoli is a member of a family of vegetables called

cruciferous veggies. They're loaded with antioxidants and vitamins. Broccoli helps you clean your body and also improves your cardiovascular health, prevents cancer, and lowers the risk of osteoporosis!

**5. Oatmeal:** Oatmeal is a great food to load up on because it's low in calories and high in fiber, which can help maintain weight loss. Oatmeal is also full of B vitamins, iron, magnesium, manganese, potassium, and zinc!

**There you have it. Five awesome foods to improve your health and stick to those calories at the same time. You can also do your own research on foods that may be able to help you!**

# GETTING BACK INTO THE SWING OF THE WORK-LIFE AFTER THE CHRISTMAS BREAK



**Christmas is over and you have to start thinking about returning to work. It can be really hard to go back into the routine after a bit of extra free time. But it's also a thing that you can't ignore...**

So what's the best way to get back to the old routine without feeling too tired?

See, everything starts with you. So it's up to you how you are going to get back into the swing of work-life after the Christmas break, without feeling too fatigued.

And here are some steps that can really help you in this regard.

## **1. Prepare yourself mentally:**

The first and foremost thing that you have to do is to keep yourself prepared.

Before you even leave your house, make a mental note of the chores that you are going to do as soon as you arrive at work. And as soon as you enter the office, get down to those tasks on your hit-list before anyone can derail your plan.

## **2. Set a schedule for yourself that includes sleep, exercise, and work:**

The most important thing is to set a schedule for yourself that includes sleep, exercise, and work.

So it's a good idea to start with going



back to the bedtime routine that you have been following throughout the rest of the year. And then proceed towards working out in the morning followed by a healthy breakfast.

### **3. Make sure to get enough sleep:**

Getting a good amount of sleep is also important. So make sure to get enough sleep every night. It's a good idea to start going to bed early as soon as the break gets over so that you don't feel drowsy during your waking hours.

### **4. Exercise at least three times a week:**

It's also important to exercise at least three times a week so that you don't feel exhausted throughout the day. But make sure to work out a few days before going back to work so that you have enough strength left in your arms and legs to do all those chores.

### **5. Take on small tasks first before moving on to the bigger ones:**

It's a good idea to take on small tasks first before moving on to the bigger ones. So try and complete those tasks that need less effort first. And once you feel comfortable, proceed to do bigger items.

Successfully completing the small tasks will also give you the confidence and momentum you need in order to move on to the bigger ones.

### **6. Start eating more healthy meals:**

Your diet also has to be taken care of. After all, it gives your body the necessary juice to function properly.

So make sure to eat a healthy breakfast in the morning, followed by a nutritious lunch and dinner.

You can also munch on healthy snacks in between to keep your energy levels high throughout the day. But it's also important not to overdo things so that you don't feel sleepy after every meal.

### **7. Take care of your mental health:**

Some people do get stressed out during this transition. And if that's the case with you too, then it's a good idea to take care of your mental health after the Christmas break.

So make sure to start meditating to relieve yourself from all those tensions and worries. Take breaks at the weekends and spend some time with your loved ones. Go for dinners or movies to take your mind off things.

### **8. Stick to the new routine:**

Once you manage to successfully complete all of these tasks, then it's time for you to stick to the new routine that you have created for yourself.

In case you can't keep up with the schedule, then keep tweaking it until you find something that fits your needs and body.

And once you find the ideal routine, stick to it and try to maintain it for as long as possible.

### **Final thoughts**

**So these are a few steps that can help you in getting back into the swing of things after the Christmas break without feeling too exhausted.**

**The transition can be hard but it's also achievable. So make sure to follow a routine and you will soon be back on track.**



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SPORTS

**WHERE TO DONATE ANY  
UNWANTED CHRISTMAS GIFTS**

**TO HELP THOSE IN NEED**

**Christmas is the festival of love, peace, togetherness and is celebrated with great joy and enthusiasm all over the world.**

**We enjoy every single bit of happiness this season brings along with it. We get gifts, we send gifts, we share gifts, and whatnot.**

But sometimes we receive gifts that we don't need.

Not that we don't like it, but simply because the size is different or because we already have this or something similar to it.

And those gifts often sit around the house and never get used.

And while we have unwanted items lying around, other people can't even afford gifts for their kids or family members.

So instead of just throwing away these unwanted gifts, why not donate them to a charity shop for someone else to use.

In this article, we will list down some of the places where you can donate your unwanted Christmas gifts.

### **1. Homeless shelters:**

There are a lot of these shelters around the UK where they have all kinds of people who have nowhere to go and no one to care for them.

They could be children or elderly people or women who might need some help.

You can either hand over your gifts personally or you can call them up and ask them to pick it up from your place.

### **2. Do it by yourself:**

How about gathering a few family members and friends then starting a

small campaign of our own to donate these gifts.

You can start a small fundraising campaign and give the gathered money/gifts to any local charity so they can give it to those who are in the need.

If you want, you can even gather some new clothes and hand-made gifts yourself and then distribute them among the people who are really in need of such items.

### **3. Look for online donation pages:**

If you don't really want to do anything yourself and still want to donate your unwanted Christmas gifts then there are a lot of online donation pages that you can contact.

Almost every NGO has its own charity page with an option to donate any kind of gift.

There is no need for you to go through the trouble of finding such organisations because you can just look them up easily using the internet.

### **4. Cash donations:**

When it comes to cash donations instead of gifts, then there are a lot of people who really need that money more than they need any gifts.

You can search for such donation pages and then transfer the money to them. They will make sure the money goes to the right people.

### **5. Charity groups on social media:**

If you are an active social media user you might know about the charity groups on Facebook or Twitter.

Just like every other group, they also have pages where people can donate their unwanted Christmas gifts to those in need.

You just have to find where their shelter is and take the gifts to them.

Some of them may also collect gifts during the year and distribute them among those who really need them.

Do be aware of scams on social media, though.

### **6. Bigger corporations:**

There are a lot of NGOs and bigger corporations in the UK that not only accept but also collect unwanted Christmas gifts and donate them to people who are really in need of some love, care, and support.

Charities like

- Refuge,
- The Salvation Army,
- MHA

that work day and night to bring smiles to the faces of those who have lost their hope.

You can contact these organisations and see if they are willing to take over your unwanted gifts this Christmas.

### **Final thoughts:**

**This new year, why not do something that will help you spread love and care among those who are less fortunate than us.**

**Your small effort can bring so much change in someone's life who is really in need of your help.**

**So rather than throwing away your gifts or selling them, why not donate them so you can bring some changes to someone's life.**



# 15 TIPS FOR WOMEN WANTING MORE ENERGY

Women are born multitaskers. They handle their job, take care of their families, and still have time to attend their kids' football games. But when juggling so many balls at once, women often neglect to take care of themselves and can suffer the consequences.

**So it's important for women to take care of themselves so they can stay healthy and vibrant. In this article, we give you 15 simple tips that not only will get you back on track but will improve your overall health.**

### **1. Sleep matters**

Studies show both lack of sleep and poor sleep quality can contribute to many health issues such as energy loss, weight gain, heart disease, etc. So make sure to get 7 to 8 hours of good quality sleep every night.

### **2. Don't skip breakfast**

Having a healthy breakfast can get your day started on the right foot. Eating a healthy breakfast gives your metabolism a boost and increases brain function.

A healthy breakfast also gives you the required energy to deal with that long to-do list.

### **3. Drink a lot of water**

The benefits of drinking the right amount of water are many: it flushes out toxins, improves brain function, boosts your energy levels, strengthens the immune system, and many more. So drink enough water, at least 8 glasses a day.

### **4. Exercise three times a week**

Exercise not only helps you lose weight, tone your body, and get rid of health problems but also gives you more energy. So make it a point to exercise at least three times a week for 30 - 40 minutes each time.

### **5. Say no to caffeine**

Caffeine after a certain time of the day can have long-term effects on your sleep cycle.

So limit or avoid caffeinated products such as tea, coffee,

chocolate, etc after lunchtime to improve energy levels throughout the day.

### **6. Eat small meals throughout the day**

Eating often keeps your blood sugar levels balanced and gives you more energy throughout the day. So make sure to eat at least 5 or 6 small meals and keep yourself well-nourished throughout the day.

### **7. Make some time for meditation**

When we're stressed, we tend to lose focus and get tired easily. That's where meditation comes in. It helps you deal with stress by minimising its effects on your mind and body.

### **8. Eat whole grains and proteins**

Whole grains and proteins such as fish, beans, and lentils contain essential vitamins and minerals that keep you full throughout the day. They also keep your metabolism healthy which increases your energy levels.

### **9. Take small breaks**

Taking little breaks to eat your meals, drink some water, and take a walk can give you the energy boost you need to get through the day. It's recommended to take 5-10 minutes of break every 2 hours.

### **10. Get enough sunlight**

Sunlight is one of the best sources of vitamin D. Vitamin D plays an important role in maintaining your overall health and gives you the energy you need to get through the day. So get enough sunlight every day.

### **11. Quit smoking and drinking**

Smoking and drinking deplete many

essential vitamins and minerals such as vitamin C, thiamine, calcium, iron, etc. These vitamins and minerals are not only responsible for your overall health but also keep you energetic throughout the day.

### **12. Eat more carbs**

Carbohydrates are your body's main source of energy. What many don't know is that there are two kinds of carbs - simple and complex.

It's recommended to eat more complex carbs because they're healthier than simple carbs.

### **13. Say no to unhealthy fats**

Unhealthy fats such as trans fat, saturated fat, and hydrogenated fat are responsible for heart disease.

These unhealthy fats also make you feel sluggish throughout the day. So avoid eating junk food that's high in these fats.

### **14. Do some yoga**

Yoga is not only good for your overall health but also gives you more energy throughout the day. So doing some Yoga every morning can give you the energy boost you need to get through the day.

### **15. Spend quality time with your loved ones**

When we're with good people, we tend to feel happier and lighter.

This happiness and lightness give us the boost we need to fight stress.

So spend time with your loved ones and help one another through tough times.

**So that's it. 15 simple tips women can practice to get more energy throughout the day. Follow these steps and feel the difference in your energy levels.**

WOMEN'S RECOMMENDED

# TRAINERS FOR THE GYM



Some people will recommend that you wear trainers with good shock absorption.

Others might say that it doesn't matter so much, as long as your shoes fit well and feel comfortable.

It can be difficult for many women to decide on which type of shoe is best for them- which is why we have compiled this list of some great options!

What should look for in a great pair of trainers? There are a few things you should keep in mind when looking for a great pair of gym shoes.

Here are some of the most common ones:

**1. Try to find something with good shock absorption:** This will reduce the pressure on your joints and will help to prevent injury. If you do a lot of high-impact exercises such as running or plyometrics then the more absorption the better.

**2. Grip:** Make sure that the trainers you buy have a good grip.

If you're going to be doing a lot of exercises with weights, such as deadlifts or squats then your shoes need to have a great grip so that they don't slip and cause accidents.

**3. Comfort:** It's very important that your trainers fit well and feel comfortable. If you're going to be wearing them for a long time then they need to support the arches of your feet and allow enough room in the toe box area.

**4. Fittings:** It's important that your trainers fasten securely and don't slip.

Look for laces with a thicker grip, or velcro straps that will help to create a secure fit without too much pressure on the top of your foot.



Best trainers for women to wear in the gym in the UK

### 1. Nike Air Zoom Pegasus 38 Trainers

This trainer is one of the best running shoes out there for both short-distance sprints and long-distance marathons; making it ideal to wear in the gym too.

It offers a wider forefoot opening which will help to support your feet and also has great ventilation so that you stay cool.

**Price: £104.95**

### 2. Reebok Nano X1 Adventure Trainers

Who doesn't like Reeboks? This classic trainer is back and better than ever. The Nano X has a wide toe box which gives you enough room to move your toes around, while also keeping your feet secure with support from the midsole.

It's great for running but it's even greater for lifting weights and other gym activities. Also, it comes in different colours so you'll have no problem finding one that suits your style!

**Price: £110.00**

### 3. Adidas Ultraboost 21 Trainers

Adidas is arguably the greatest brand in the world when it comes to sports and fitness.

This is because they know exactly what their customers want, which is why these trainers come with a TORSION SYSTEM that provides you with support from your ankle all the way up into your foot. It also has excellent cushioning, which makes them ideal for high-impact activities such as plyometrics.

**Price: £159.99**

### 4. Adidas power lift 4 women's weightlifting shoes SS21

These are the trainers you want if you're serious about lifting weights.

They have a solid flat sole which will give your feet excellent grip so that they don't slip when performing deadlifts or squats.

It also comes with an anti-slip rubber outsole for extra support on slippery surfaces. And of course, Adidas makes these shoes in a wide range of different colours and styles, which means that you'll be able to find one that suits your personality.

**Price: £80.95**

### 5. New Balance minimus TR

Looking for a hardcore, lightweight, and minimalist running shoe? The New Balance minimus TR is perfect for runners of all levels, from beginners to more experienced athletes.

It has a zero-drop sole that allows your feet to move freely while also supporting the arches of your feet and reducing pressure on your knees. Because it's so lightweight you'll feel like you're barely wearing shoes at all.

**Price: £95**

#### Final thoughts:

**These are the best trainers for women to wear in the gym. It doesn't matter which one you'll choose.**

**As long as you feel comfortable, have a good grip, and are secure enough to keep your feet in place, you're good to go.**

**So buy yourself a new pair of trainers and hit the gym!**

# HOW TO OVERCOME FEELING SHY IN THE GYM AS A WOMAN



**First things first, you're not alone. A lot of women are shy in the gym. And it's completely fine. Even men feel the same.**

But if your shyness is not letting you get the most out of your training and be the best version of yourself, then it's a problem. Here are a few tips on how to overcome your shyness and start loving the gym.

## **1. You're not here to impress anyone:**

This one's obvious. You're here to work out. The people around you aren't your friends, you didn't come here with them and probably won't even see them again after today. So don't feel like you need to make small talk or smile at everyone.

**2. Don't be intimidated:** The gym is not a scary place. Everyone here is

on the same journey as you are, trying to better themselves each day. There's no reason to be intimidated by their presence. Most of them won't even notice you, they are busy minding their own business. So there's no reason to be intimidated.

**3. Find a gym buddy:** You are more likely to go to the gym if you have someone waiting for you there. A workout buddy will motivate you through difficult times and help keep your training on track. And having a friend with you will help reduce any nervousness or anxiety that comes along with starting something new.

**4. Get familiar with fellow gym members:** If you want to: Am I doing it right? What should I do next? What does this equipment do? Don't be afraid to ask questions. No one is

going to think you're dumb. They probably had similar questions when they first started. So don't be afraid to ask and get familiar with people.

**5. Dress comfortably:** You are at your most comfortable when you feel great about yourself. So put on that sports bra, leggings, or shorts that will let you move around with confidence and feel comfortable. You will enjoy your workout more and not worry about what other people might be thinking.

Feeling a bit shy as a beginner is completely normal.

Even the most experienced guy in the gym once was a beginner at some point. So don't feel like you're alone. Be confident and keep lifting those weights.

# NEW YEARS DECLUTTER, WHERE TO START

It's the beginning of a new year. One of the most common opportunities to declutter. We all get super motivated and inspired during this time, thinking we can go through everything in our homes and finally get organised!



**Then reality hits and we realise there's no way we can keep up with "the new us". Before we realise it, we're back to our old habits.**

But not this year. Let's make this year different. Let's start this year off on the right foot and stick to some goals we set for ourselves.

## **1. Start by making a list of everything you want to get rid of:**

Go through every room of the house. Think about each item and ask yourself "Do I need this or do I just like it?". If the answer is you don't need it and you just like it, put it on the list. And if the answer is yes get them organised.

## **2. Get the right tools for the job - bin bags, boxes, and labels:**

Once you know what you're getting rid of, get the right tools for the job. Bin bags for throwing away things if they're not recyclable or don't have

another use. Boxes for moving or storage. And labels to help you identify what everything is that's being donated.

## **3. Set a date:**

Setting up a date is really important. Without a date, you will always have an excuse not to get it done. Pick a date that has minimal impact on your schedule and stick to it. Just remember to give yourself enough time to get rid of everything.

## **4. Create a checklist:**

Maybe it's not possible to get through everything in one day, so it might be best to plan out each room at a time. Create a checklist that is specific to your needs. This will help you keep track of the items you have already gotten rid of and what's left to do

## **5. Don't stop until it's done:**

It's easy to think you're done when you're not. And before you know it,

everything is out of place and disorganised again. Create a tidying schedule that will keep the items in their new homes until you are absolutely sure they can stay there permanently.

## **6. Reward yourself:**

Think of it as motivation to keep you going. You've come this far, there's no reason for you not to finish the rest on time. Set up some sort of reward for yourself, whether it's your favourite meal or a movie night with your best friend.

**Final thoughts: It's difficult to get organised, but it's also really satisfying.**

**The most important thing to remember is to be patient with yourself. You will never be able to accomplish everything in one day or even a few weeks. But if you put in the effort every day, things will work out in the end.**

# SETTING REALISTIC NEW YEARS RESOLUTIONS, TO NOT SET YOURSELF UP TO FAIL



The new year has just begun. We achieved many things, lost many things, and overall made a lot of memories last year.

But it's time to keep some of those things and leave others behind.

A new year means new opportunities, new responsibilities, and new resolutions. Let's face it, we've all made a lot of New Year's resolutions over the years and most of them end up in failure. And that's okay!

This new year let's do something different. Let's make realistic resolutions that we can actually keep.

**1. Think about what do you want to change in your life:** Is it losing weight, getting a new job, or being

more productive? Whatever it is, as long as it impacts your life positively, it's a good resolution. These types of resolutions work as motivation and are a lot more achievable. Because you know what you're working for and you know it's going to make a difference in your life.

**2. Are you ready to commit?:** The key component in keeping a resolution is consistency. You can't keep something if it's not part of your life every day. Willpower alone won't get you there, so be prepared before you even begin to start your resolutions! If you are committed towards achieving these types of resolutions then success will come easily.

**3. Don't make too many:** If you keep making 3-4 resolutions, and not following through, it's easy to get

discouraged. You can't keep up with that many things at once and it sets you up for failure every time. Instead, focus on one or two resolutions that are going to have a positive impact on your life.

**4. Keep track of your progress:** And lastly, keep track of your progress. Whether you write it down, take pictures, whatever you need to do, set up a way that you can see your development. If you're constantly working towards something and seeing that it is working, then chances are you will keep going and achieve the goal.

**It's okay if you don't stick with the 100%, focus on the small steps rather than the big picture.**

**These little victories will help you grow and accomplish more.**

# Evolutis

SPORT & FITNESS

**MORE THAN JUST A GYM, MORE THAN JUST A SESSION, MORE THAN JUST A WORKOUT**

At Evolutis Sport & Fitness our aim & passion is to help busy Dublin Over 30s transform their body, health & skyrocket their confidence. We do this by following our 5 main core values

Welcome...from the minute you walk through the door, no matter what is happening in your life outside of here, Evolutis Sport & Fitness will be the place you feel welcomed with a big smile!

Safe...no more judging, staring and feeling out of place. Everyone that comes to Evolutis Sport & Fitness has very similar goals to you.

Supported...from the trainers on the gym floor to the staff in the office. We are all here to support, motivate and answer any questions you have no matter how small.

Family...you are not on this journey alone. All clients here at Evolutis Sport & Fitness have joined as they fit our client criteria. They will support, motivate, encourage, clap, scream and laugh as a group to make you feel part of the family.

Fun & Exciting...life gets a little samey from the usual commute to work to ordering the same thing on the menu. Well not at Evolutis Sport & Fitness, all sessions are planned to be fun, exciting, challenging and results driven. No session is ever the same.



**FULL EVALUATION, MONTHLY CHECK INS, PERSONALISED TRAINING, 121 COACHING, ON DEMAND SESSIONS & NUTRITION EDUCATION INCLUDED. NO LONG TERM COMMITMENT REQUIRED TO START & AN EXTREMELY FLEXIBLE SCHEDULE TO SUIT YOUR LIFESTYLE.**

**Join our 30 day Kickstart Today - [www.evolutis.ie/get-started](http://www.evolutis.ie/get-started)**