



Yes You Can

Keeping New Year's Resolutions

2021, finally! The new year and resolution time for many. How will this year's resolutions change from last year? This year has been "unprecedented" in so many ways.

ers also help with accountability. This trio have also found a way to support each other by using a quick reply to the shared data.

The easy validation of pressing "reply" on the Sharing app from their smart watch with built in responses is simply genius. After a hard workout, an immediate response of "you rock" with a cute emoji can make your day and have you coming back for more.

Technology, instant gratification and incentives can help you stay in the "8%" statistic. Accountability apps vary in strategies for success. StickK, where you set the goal with financial incentives is popular. If you don't meet your goal you lose money, or donate the funds to a charity.

Pact is a phone only app that pays you for staying on course. Goals of going to the gym, eating your veggies and logging your food are used. This app uses data from other apps such as My Fitness Pal, and gulp, uses GPS on your phone to determine if you have been to the gym. I guess big brother really is watching!

Then there is Pavlok. The lightening bolt in the logo explains a lot. This is a wristband that gives you electrical shock when you are doing something you're not supposed to do. It works by holding yourself accountable, where you can manually zap yourself, an automatic jolt by setting conditions in the app, or giving control to another person. Oh my!

I think I will stick to a more humane approach to accountability like Gina, Georgie and Tammy, through caring, communication and camaraderie. ■

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by: Marcia Gensheimer

"This is the year I am going to _____?" Filling in that blank could yield so many answers. Regardless of what your answer may be, the key to keeping a resolution is accountability.

Statistics regarding New Year's resolutions are that only 8% of people who make a resolution keep it for the entire year, and a staggering 80% fail within the first month of the new year. That explains why February is one of our busiest months at the gym, as resolutions to work out fail in January because it is so hard to hold yourself accountable.

Meet the dynamic trio Gina, Georgie and Tammy from CrossFit Vacaville. They met at the gym, and formed life-long friendships. They have been members for over eight gym years (which converts similar to dog years!).

Through life events, fitness and nutrition challenges, they have found ways to hold each other accountable. Sharing common interests and goal setting have led to their success. Checking out the workouts on line, planning what time they are working out and early morning text "wake-up" calls partially lead to their success. The other factor is that, although we can let ourselves down, we do not want to disappoint others.

During our first lockdown, they met at a park for a workout or hike. Enter technology into the mix. Zoom workouts helped create a sense of community despite the circumstances. Activity trackers and the ability to "Share" your results with oth-

