



TEXAS TECH UNIVERSITY  
HEALTH SCIENCES CENTER

# News Release

## FOR IMMEDIATE RELEASE

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### **New Year's Resolutions to Exercise: Why Some Flourish While Others Falter** *TTUHSC Expert Advises on Success and Failure Factors for Fitness Goals*

resolution early on is almost as common. Toby Brooks, Ph.D., director of the Master of Athletic Training program at the Texas Tech University Health Sciences Center School of Health Professions, said the journey from resolution to reality is often paved with s

nothing magical about January 1

Brooks cited several factors which impact whether a commitment to exercise thrives or dies. Usually, planning and starting a workout routine seems daunting.

have the equipment to do that, ,

Brooks stressed that

Strength training can be accomplished using household items such as soup cans, water bottles and milk jugs. Simple strength exercises also can be adapted to tighten the core and improve balance by shifting them from bilateral to lateral movements.

Brooks said motivation matters as much as planning your routine does. Identifying triggers that motivate you toward positive health behaviors will help you stick with them.

struggled with illness . It could be performance-