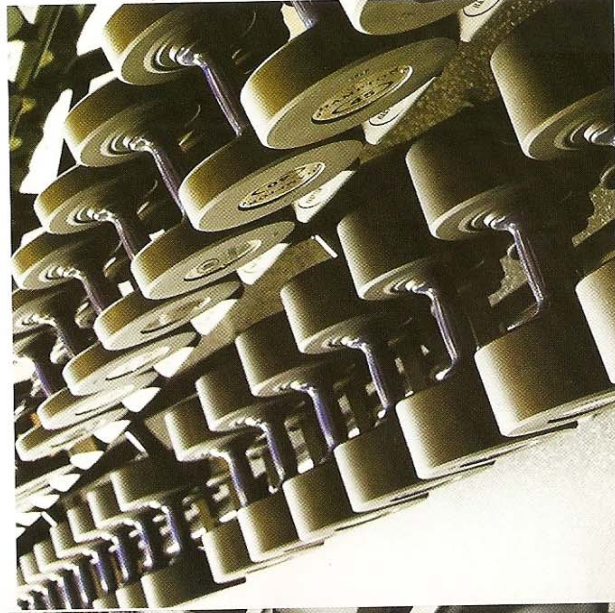




BIKES AND BELLS. Breakthru Fitness's new facility has plenty of ways to strengthen your heart and your muscles.



Training Days

Supersize your exercise with these big-on-results workout tips, courtesy of Breakthru Fitness.

// STORY BY **CANDICE PERKINS**

▶ **WITH THE NEW YEAR IN FULL SWING,** MANY HAVE RESOLVED TO WHIP THEMSELVES INTO POST-HOLIDAY SHAPE. IF YOU'RE ONE OF THEM, YOU'LL WANT TO GET IN ON THESE TIPS, PROVIDED BY BREAKTHRU FITNESS OWNERS MICHELLE AND PHIL DOZOIS. WITH 12-PLUS YEARS' EXPERIENCE UNDER THEIR BELTS—NOT TO MENTION A BRAND-NEW FACILITY THAT OPENED IN JANUARY—THIS POWER COUPLE HAS PLENTY OF HEALTHY INSIGHT TO SHARE (INCLUDING SOME WAYS TO STAY MOTIVATED THROUGH SOCIAL'S CHILLIEST WINTER DAYS).

Commit to Fit

Don't just pledge to shed a few pounds or shun chocolate. Commit to a routine, a lifestyle change. Weight loss is about stick-to-it-ness, so you need a plan that begins with mining your motivation—and continues with follow-through.

"It's important to find that one reason to show up," says Michelle, "then figure out your bare minimum ... how many days a week will

you commit to working out." Two or three days a week is a great start. "There's always going to be a reason not to go," she notes, "but it's up to you to give yourself the reason to go and stay true to your goal."

Start Smart

After you've set a clear plan of action, continue with activities that will inspire and nurture a

fun-filled gym routine. And don't be afraid to ask questions. The Dozoises suggest pairing up with a personal trainer or athletic enthusiast who will help create a "you-centric" workout.

Breaththru offers a creative way to personalize the experience according to your specific time frame. "We shoot pictures of each exercise then format them onto laminated sheets of paper, each designed according to your workout schedule," says Michelle. Figuring out what your body needs is important. Breakthru even has a 14-day free trial membership to encourage you to do just that.

The More, the Merrier

Some of the best workout energy is conjured in group settings. Take Breakthru's "Group Power" class, for example. "It offers all the upbeat music and fun of any other class but also uses weights," says Phil. Each session is adjusted to participants' needs and can be equally challenging for men and women of all ages and fitness levels.

If alfresco exercising is more your style, check into some of our community's recreational centers. Most of them have coordi-