

Bride's ~~Bootcamp~~ Boot Camp

You're busy planning and organizing one of the most special days of your life. Everything is going to be perfect, from your dress to the cake at the reception. And, of course, you want to look perfect, too, whether you want to tone up or to ~~loose~~ lose a little weight before your big day arrives.

But who has time in all the flurry? Making a better you for your wedding need not start out as a completely ~~life-changing~~ life-changing event. Pick one or two things to work on at the start so the whole process doesn't overwhelm you. And then, as you get more involved and accustomed, pick up the pace. You will be surprised how relaxing it is—and how it really isn't that hard to set aside a small portion of your day to improve yourself.

The preparations for the big day ~~is~~ are extremely important, but planning for the days and years beyond shouldn't be lost in all the scheduling. Start working on a healthier you and build the foundation for a healthy married life ahead. And include your groom-to-be! Working out is a great way to spend one-on-one time with each other away from the rush of ~~every day~~ everyday life. It will motivate you to work on goals together and to set good habits for the rest of ~~you're~~ your lives.

What can you look forward to with this series, Bride's ~~Bootcamp~~Boot Camp? Check here for cardio, strength, and stretch tips and challenges, along with nutritious ~~recipies~~recipes to help you balance out a healthy lifestyle with losing weight or toning up. You can't attain your dream you by merely envisioning the results—it takes determination and hard work! So this week, set up your ~~pre-wedding~~prewedding fitness goals. Here are some ideas to help you get started:

- Post your goals where you will constantly see them. After you have your goals planned out, draw up a contract for yourself and sign it. Make out a calendar with your goals written on it. Do whatever structure you like best. Then post it up on your fridge, bathroom mirror, bedroom wall, or office table. Just put it wherever you will always be reminded.
- Make a reward for yourself so that if you meet your weekly goals, you have something to look forward to at the end of the week. Maybe you could treat yourself to a bubble bath, a movie night, or a whole evening dedicated to something you've wanted to work on for ages.
- Hold yourself accountable. Involve your hubby-to-be. Blog, post on ~~facebook~~Facebook, or ~~Tweet~~tweet your goals.
- Follow a fitness blog and talk to other people online who are working toward the same fitness goals you are.

- Sign up for that sport or dance class you've dreamed about but have never taken.
- Get a tour of a local gym and learn about all the fitness activities and motivational tips they offer there.
- And check back here for weekly encouragement and ideas for getting a healthy, amazing-looking you for your wedding day and beyond.

Next time—a fun cardio ~~work-out~~workout to melt away the inches and tone up!