

## **Add Motivation to Your Fall Fitness Plan**

Finding the motivation to get into a fitness routine can be difficult. In fact, this may be the hardest part! To get and stay motivated, try these simple steps.

- 1 Check with your doctor before you try a new fitness routine, so you don't do anything that is unsafe. Take the time to get proper instruction on different types of exercise and technique. A personal trainer will set you up for success and will reduce your chance of injury.
- 2 Put your goals in writing. Include achievable short and long term goals. Put this list in a place that you will see often (to stay focused and motivated). Recognize and celebrate your milestones and successes (balance in life is important - fitness should become part of your lifestyle).
- 3 Keep a record of what you eat (a good motivator for weight loss). Take measurements on a regular basis to keep track your progress and to stay focused.
- 4 On a daily basis, write down goals that are very easy, things at which you can not possibly fail. Don't worry if at first, these goals sound ridiculous. If you tell yourself that you'll walk on the treadmill for 3 minutes, and actually do it, you subconsciously will feel successful. It doesn't really matter what you do to be physically active or how long you do it, as long as you do it. The primary goal is to develop a new habit (do what you say you are going to do). As you rack up your successes, your motivation will grow.
- 5 Take it one day at a time. Your body will adjust if you start slowly and you'll get stronger without injuring yourself. Muscles need to be challenged but you should never feel pain (seek professional advice regarding your technique or for an exercise alternative).
- 6 Be consistent about when you exercise. Choose to work out at the time of day when you tend to feel most energetic. If you are on a consistent workout schedule, your body will adjust to train efficiently and with less fatigue.
- 7 Choose an activity you enjoy. It is crucial to make exercise something you like doing, otherwise you'll dread making it part of your life. Vary your fitness activity; cross training is the key to a balanced fit body and to staying motivated.
- 8 Find an exercise partner or support group. If meeting someone, you'll be less likely to cancel. Write down workout dates and commit to them like a business meeting.
- 9 Rest is just as important as your workout. Allowing your muscles time to rejuvenate is crucial to being healthy, achieving maximum results and avoiding burnout.
- 10 Be patient and persistent. It takes time and effort to reach your goals. If at first you don't succeed, try again. Live it, do it, keep your chin up and your eyes on your goals. Exercise gets you started, but habit will keep you going. Add motivation to your fitness plan.