

Motivation to Get Exercising and Get Healthy.

"Nothing can stop the man with the right mental attitude from achieving his goals, nothing on earth can help the man with the wrong mental attitude." by Thomas Jefferson

1. Start by taking a full body photo front and back of yourself in your underwear. If that's not motivation to exercise I don't know what is!
2. Pick the parts you most wish to change and have a training regime designed specifically to target those areas.
3. Find a friend to exercise with or someone to motivate you daily to get you to the gym or out for a walk or just off the couch and around that clothesline if that's what it takes.
4. Take full body measurements on a fortnightly basis and record them in a progress chart. Stick it on the fridge if that helps.
5. Join group sports or fitness classes where you have others around to help motivate you.
6. Hire a Personal Trainer to kick start your new fitness regime.
7. Reward yourself with a treat day once a week.
8. Make it fun- do workouts that you enjoy like tennis, skiing, roller blading, bike riding, swimming, dancing, martial arts, play wii fit, gardening. It's like working out without even knowing it!
9. Visualise – Daydream about the type of body you are getting by doing the exercise and eating the right foods and what your life will be like in the future. Visualisation is a great way to motivate yourself to exercise and eat healthy.
10. Stress relief – after a bad day, get into the gym or go for a run and work it off. You'll feel better for it and you'll get to work off those frustrations. Plus you'll even find the stress will subside and you'll be able to think clearer.
11. Do a class – Let an instructor give you a prepared workout so all you have to do is follow along and not have to think. Having other people in the class will also push you to do the whole session, plus if you take a friend it can be great fun.
12. Tell others – post it on your personal blog or brag to friends about how much you've lost. When others notice how well you've been doing as well and begin to compliment you on it, it can give such a big boost to your self-esteem.
13. Motivational quotes – post them up everywhere to keep inspired
14. Create a list of reasons – If you have a compelling enough reason to exercise you're more likely to stick with it.

15. Use affirmations or a mantra– such as “every workout is getting me closer to my ideal body” or “I’ll get there little by little”

16. Change your focus – instead of thinking how tired you are change your thinking to how wonderful and strong your body feels while you are exercising

17. Use technology – make use of heart rate monitors, IPOD’s, calorie counters, or pedometers to track how far you walk each day (and set a goal to beat it by a few steps everyday). These are great tools to add more info into your exercise journal as well.

18. Time – if you’re pressed for time do a 15-20-minute workout. Anything is better than nothing at all and you’ll feel better for having done something.

19. Attitude of gratitude – think of how lucky you are to be able to exercise when so many others are worse off.

20. Enjoy the moment – as you exercise get lost in the moment of what is happening right now. The wind in your hair, the strength in your muscles, the fresh air, the beautiful sunny day.

21. Be prepared – have your clothes already laid out for you in the morning or have your workout bag packed ready to go. Then just do it without thinking about it.

22. Plan – plan your workout, set dates times, calendar appointments and plan your meals out for a week in advance. If you have a menu of items that you can eat at every meal (including snacks) along with the calorie content of each meal.

TRAIN WITH DESIRE, DESIRE TO BE BETTER TOMORROW THAN YOU ARE TODAY.

