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Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Get Moving!: Top 7 Exercise Motivation Secrets

By Gillian Hood-Gabrielson

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Let's face it, we all know we need to exercise. Many of us know how to exercise. How many books and videos do you own? How many gym memberships have you had in your life? You may even be an expert on the perfect exercises for your body. But you're not doing it! Why? Well the problem isn't lack of knowledge, it's lack of motivation. Does this sound familiar?

What can you do? Focus less on gaining more knowledge, and more on getting and staying motivated. As you become more consistent and start seeing results, you will be able to apply all that knowledge. Here are seven secrets to getting and staying motivated:

Secret One: Find Your "Why"

In order to be successful at any endeavor, we must have a good reason for doing it in the first place. Exercise is no exception. What will get you up in the morning on those cold, dark days when you just want to stay in bed? Many people say "because I want to lose weight" or "I want to be fit". While these are good goals, they are not good enough reasons for long term success. You must dig deeper. What is important to you? What do you value in life? Answer these questions, then see how a regular exercise program can support your values.

Secret Two: Make a Commitment

Once you find your "why", it's time to make a commitment. Here is a definition of commitment you may not have heard: a commitment is the ability to carry out a worthy decision, even when the excitement of making that decision has passed. Read that definition again, and really understand it. How many times have you been excited to start an exercise program, only to become bored or distracted by other things? As soon as the excitement passes, so do your exercise plans. Be sure you are ready to commit, and if you are not, then commit to not exercising. That way you can let go of the guilt and commit when you are ready.

Secret Three: Set Daily, Measurable and Realistic Goals

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If your only goal is to lose 40 pounds it will be a while before you feel successful. After all, it can take a while to see such results. Rather, set daily measurable, achievable goals that allow you to feel successful every day. Keep a weekly diary and set goals each day for what kind of exercise you will do, how long you will workout, how hard you will exercise, etc.

Secret Four: Keep Track of Your Progress

After you set your goals and write them down, you want to also chart your progress. Be sure to write down your daily achievements to compare to your goals. This will become extremely motivating as you see yourself meeting your goals. With consistent exercise, you will also see your workouts becoming easier and your ability to work harder and longer. This often happens faster than visible results on your

body, such as weight loss or definition. Many people become frustrated and quit exercise right before big changes are about to happen, because they don't see the results on their bodies. Seeing measurable progress on paper will keep you motivated while you work towards the bigger goals you have set for yourself.

Secret Five: Get Objective Feedback

You may know what a good workout feels like – you have that endorphin "high" after exercise, or you have energy to spare all day long. But do you know what an effective workout feels like? It is hard to know how effective your workout is every day without waiting for weeks or months to see the results. What if you could see day after day how many calories you burned, or what your heart rate was each workout? Using a heart rate monitor can tell you if you are working too hard or not hard enough. What about calories? An accelerometer can tell you all day long how many calories you are burning and keep you motivated to move! When you look for ways to add activity to your day it becomes a fun game and you can instantly see the results.

Secret Six: Avoid the "All or Nothing" Mentality

Have you had plans to exercise five times one week and the first day something happened and you didn't exercise? When this happens, many people give up on the rest of the week This is known as the All or Nothing Mentality. Keep away from this - it doesn't work. If you approach your exercise and nutrition program in that manner, you set yourself up for failure. Allow for flexibility in your exercise plans and know one missed day is not a setback.

Secret Seven: Be Accountable!

About 95% of all participants in an exercise program will stop exercising. Why? No support. Research has shown that exercisers with some kind of support system have a better chance of continuing exercise. You need someone who will also hold you accountable for your exercise. Working with someone like a personal trainer, a coach or a mentor will give you the support you need and you can work together to identify barriers to keeping your commitment and develop strategies to overcome these obstacles. Most people need far more support, follow up and accountability than they think to start and maintain an exercise program.

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In the interest of avoiding the all or nothing mentality, don't try to implement all these secrets at once. Pick one or two and when you have those working, add another secret. Just like results from exercise, building motivation and consistency will take time. Fitness is not just about reaching a destination, it is a journey where you will learn much about yourself and grow from your experiences. Keep your short term goals in mind, and enjoy the journey to reaching your ultimate goals.

Gillian Hood–Gabrielson, MS, ACSM is the president of Flexible Fitness, a nationwide coaching practice offering health and fitness solutions for your busy lifestyle including Fitness Coaching by Phone and Intuitive Eating. She can be reached at 866–618–8814 or by email at gillian@flexiblefitness.net. To receive our free report, "I Hate Exercise Too!" and our newsletter, please visit www.flexiblefitnessforyou.com.

Six Tips to Keep Up Your Exercise Motivation

By Heather Moreno, PeopleFit USA

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The next time you start to slide with your exercise program, stop! On again off again exercise will never get you the results you want. Instead, use these six tips to stay on track and achieve and achieve your desired fitness goals:

1. Don't beat yourself up if you miss a workout. Life is full of challenges and unexpected obstacles. Setbacks happen. Don't let a couple of missed workouts turn into two months of inactivity.

2. Take a break. A plateau, burnout or lack of motivation might be your body asking for a break. Take an occasional break from your regular exercise routine for a few days or so, keeping active with some low intensity activities like walking or riding a beach cruiser.

3. Write it down. Does it ever seem like you're not getting anywhere? Monitor your program to adjust your regime as necessary. Writing it down also lets you measure the improvements you've made over time, which is good to review during times of waning motivation.

4. Treat yourself to technology. Tools like heart rate monitors and calorie trackers make exercise more fun and let you see instantly the results of your efforts.

5. Club it. If you like to bike, run, swim or dance, join a club.

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The social component makes it fun while the group can provide accountability and motivation to stay on track.

6. See the whole picture. Focus on all the benefits of exercise, like how a good workout makes you feel or the decrease in your cholesterol level. The more benefits you can identify the more motivated you are to exercise, even at times when you don't feel like it.

Heather Moreno is a CPA escapee who followed her passion for fitness. She is certified by the American College of Sports Medicine and the American Council on Exercise. Heather is president of PeopleFit USA... getting you fit in 20 minutes a week over the phone. If working out isn't working out

for you or you've tried your last diet, visit www.peoplefitusa.com. Is your group or company looking for a fitness motivational speaker or corporate fitness program? Ask Heather!



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