

Exercise Adherence

6 Steps To Help You Keep Exercising



Introduction:

Exercise is good for you - right? Its good for everything - physical well being, mental well being, the lot!

So why doesn't everyone do it?

The information contained within this e book, will give you the required strategies to be able to make and keep physical activity (AKA exercise) a part of your life - for good!

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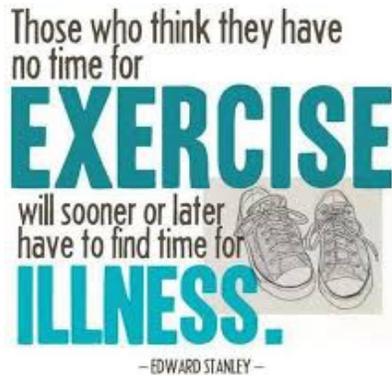
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Part 1:

Why Is It So Hard?

So you have had enough of feeling frumpy, lethargic, not fitting your clothes, not being able to keep up with the kids? You can't even squeeze into those jeans you brought 2 years ago.

You decide - that's it, no more and you rush out and buy a full set of exercise dvds, some colourful tights, even a pretty pink mat. You're pumped and ready!

Or....are you?

You wake up the following morning, after hitting the snooze button for the seventh time. Who gets up at 5.30am anyway?!

You decide that your bed is too warm to leave and that you will get some exercise done later, once the kids are at school and the house is tidy.

Trouble is, 6pm rolls around and you haven't managed to find that spare 45 minutes to do the workout that you planned to do the evening before with such vigor and determination.

Do not worry - you are far from alone.



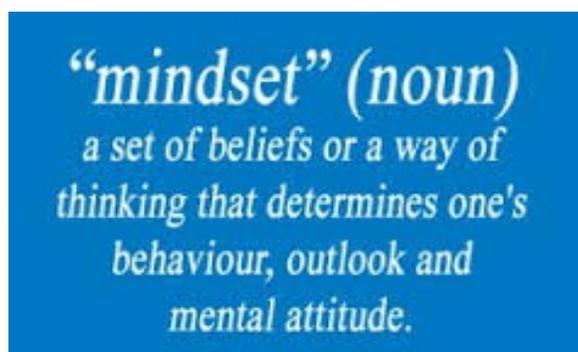
Part 2:

Embrace A Positive Mindset/Goal Setting

One of the biggest hurdles stopping people from starting an exercise regime is mindset. Lack of self worth and other underlying issues can sabotage our efforts from the get go.

You need to decide that you are worthy of this amazing change that you are about to embrace. You are unique, you are amazing. Try to look within yourself and truly uncover any limiting beliefs that are holding you back. Speak to a professional or someone who cares and will listen. Practice positive affirmations and look into the practice of mindfulness or meditation.

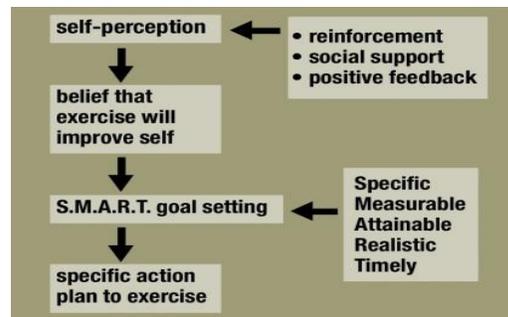
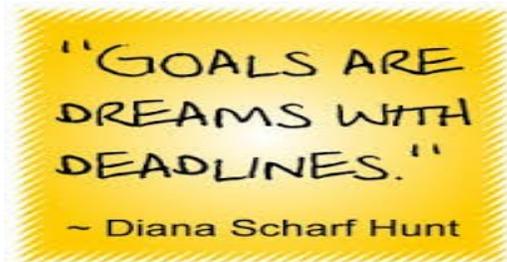
You need to believe in yourself.



Set Yourself Goals:

Decide what it is you are wanting to achieve with regular exercise, in the short term i.e; lose 5kg and the long term i.e; improve my heart health so I can live longer.

Get passionate about these goals. Try to ensure they are Specific, Measurable, Attainable, Realistic and Timely (SMART) Write them on a whiteboard and place them where they will be read often.



Why set Goals ?

1. You take control of your life
2. You focus on the important things
3. You will make good decisions
4. You can finish the task efficiently
5. You will be self-confident and enthusiastic
6. You will make progress
7. You are closer to success

Part 3:

80% Nutrition, 20% Exercise

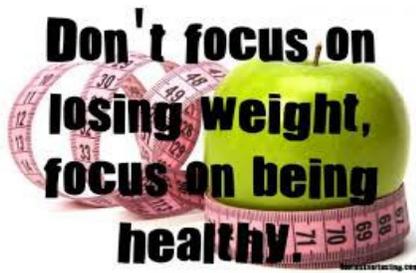
Nutrition will have a far greater impact on your body composition than any other fitness component. As the old saying goes - “You can't out train a bad diet.”

However, you don't want to view your eating habits as a diet. Even the word “diet” to most people represents restriction, and if you feel restricted - you will be unable to maintain your eating habits.

It is ideal to make small, gradual changes. Like adopting low fat milk in place of full cream, having smaller portion sizes, cutting back on the creamy sauces, opting for brown (slow burning) carbs rather than white. One good trick is to buy smaller dinner plates!

Still treat yourself every now and then and don't go off track if you have a bad day or even a bad week - it will happen from time to time, it's all part of the process.





Part 4:

Focus On Other Victories - Ditch The Scales!

So many of us hinge our weight loss achievements on those dastardly scales! If they don't tell us that we have lost weight - that's it, we are devastated and begin to question all of our recent hard work and dedication. This is a travesty, that so many people actually give up an exercise program because of some silly number. We are so much more than that!

The reading on the scales are usually far from accurate, it can be affected by a number of things such as; how much water or food is in your stomach, what you ate the previous evening, muscle gain, hormones, to name a few.

Rather, try to focus on how you are feeling, how much more energy you have, how your clothes are starting to fit better. If you need to measure, grab a measuring tape and keep a track of your waist and hip circumference.



Part 5:

Mix Up Your Exercise Routine:

Make it fun so you will maintain it! Do different things to stay active. Walk the dog, jog with the kids, do a spin class, lift weights, play soccer on the beach, the possibilities are endless, all it takes is a little imagination. If you dread your 5km treadmill run, it won't be long before it's out the door. Change it up. Sometimes having an exercise partner can help but be mindful of being too reliant on them because this is your journey!



Part 6:

Starts With Motivation, Continues With Habit.

On average, it takes around 66 days for something to become a habit. The secret of your success is found in your daily routine. If you know that your days are busy with little time to spare, try getting to bed a little earlier so you are able to get out of bed, without hitting snooze!

Get your workout done early so it is out of the way for the day.

You could smash out a 9 min HIIT session on you tube and be done with it!

In Conclusion:

Make the decision, work on the mindset, set goals. Put them where they will be read. Alter your nutrition, try to eat healthily 80 per cent of the time. Ditch those scales, focus on feeling good. Change up your routine often. Begin with the initial motivation, continue with habit. And just remember that.... IT GETS EAISER!!!



Thanks for reading!

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