

Somewhere between thinking and doing, lies MOTIVATION!

Sad but true, more than half of the hundreds of thousands of people who started a regular routine of activity and nutrient crackdown regardless of the time of year will succumb to the 'zone' and give up. Old habits sneak back into their life, other things take priority over exercise time, meal planning is feeling a little too much like work and you just don't seem to be seeing the results from exercise that you expected. This is the time to gather your ammunition, so that you are as prepared as possible when the fall out 'zone' beckons you to go back to your old ways.

Inspiration

Now is the time to get re-inspired! Inspiration helps us to motivate ourselves. There are many things you can do to charge your motivation. Talk to the people next to you on the cardio equipment. Ask them how they manage to stick with it month after month. Read magazines with testimonials. Attend wellness seminars or workshops on nutrition and fitness. Pick up a book that features success stories of people who have overcome challenges. Remind yourself what inspired your quest in the first place! Don't walk away from negative influences....Run!

Re-Commit to your goal!

Do you have one? Short and long term? Goal setting sounds corny, but it is so effective to keep you focused. Once you've reminded yourself, you need to commit to the goal again. Are you the only one who knows about your goal? Tell people what you're doing and why. Now you are more accountable and others might be able to help you keep on track. Just think of all the praise you will get when you succeed.

Recruit a workout partner

A personal trainer might be a good option at this point. They can steer you back on track, evaluate what to keep, what to eliminate and add what is missing in your plan to achieve success. You may only need them for a few sessions. If a trainer is not in your budget, find a friend or make a new one. If you are always running into the same people at the gym, one of them might like to hook up with you for partner training. You are now accountable again to someone else. Teamwork ensures results.

Knowledge is power

The more you know...the more you want to know. It is difficult to stick with something when you are not sure why you are doing it. Educate yourself by reading and talking to the professionals. Whether you are learning about the amount of calories in the foods that you eat so that you will stay clear of the foods that have excessive calories or becoming familiar with the diseases associated with a sedentary lifestyle, this information fuels your motivation to lead a healthier lifestyle. There is no question that the more informed you are about what it takes to achieve your goal...the greater the likelihood of attaining that goal.

Patience

By far the most important attribute for your continued success with weight loss is patience. Those 20 pounds did not arrive overnight. If you have been a conscientious individual since the New Year you should be down four or five pounds by the six-week mark. A one-pound loss per week is safe, smart and very realistic. Therefore, realize it will take some time to drop 20. Try not to weigh yourself daily. Once every two weeks should be adequate. If you are not seeing the scales drop every couple of weeks then it is time to re-evaluate your plan with a professional.

If you are still going strong, congratulations! Now the rewards will truly start to unfold. Muscles have now seen persistent overload and will grow. You will truly be getting stronger and looking more tone. Your metabolism begins to rise and as long as you are diet smart the scales will drop in your favour. The benefits are all coming in the months ahead. Why give up now!

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