

5 STRATEGIES FOR STICKING WITH EXERCISE.

Do exercise you enjoy

There is something for everyone when it comes to fitness, so the key thing is to do things that you enjoy. If you don't know what you enjoy, then try everything! Dip your toes in the water – there are plenty of options. Here at Aspyre Fitness we strive to offer the widest variety of exercises possible.

Remember that individualised training program design is included with your membership. You may have had a training program designed for you already but it may not be quite right yet. You might feel unsure about the how's and why's of your routine or it may simply not be as fun as it was the first time. That's ok. Your monthly sessions with us don't have to be about just the exercises maybe we need to talk about your lifestyle habits or what motivates you. It's about your success. Talk to us and we can rejig it, upgrade it or change the style completely. It's our job to help you succeed and it's a different path for everyone.

Don't overdo it

This one is key – people frequently start off an exercise routine by doing as much as they can as frequently as possible. The bottom line is, this just isn't sustainable in the long run, and can lead to people giving up. So, although you may want to spend every day doing your favourite workouts, be careful to take regular rest days where you do not exercise. This will let your body and mind recover.

Remember one workout doesn't make you fitter; a series of connected workouts do. So if you are buggered from yesterdays workout take that time you need. You could do something different today, a Body Balance class or self stretch session, cardio instead of weights, rock climbing instead of squats or just take a sauna.

Be nice to yourself – it's okay to miss a day!

Set goals for how much you want to train, and then don't beat yourself up if you miss one. Studies have shown that missing one planned session is completely fine. Not only will it not really affect you from an overall health and fitness point of view, it also doesn't affect whether or not you are

going to build a habit. So, if you miss an exercise session, try not to worry about it too much, and recommit to your goals as soon as possible.

It takes time to build a habit – lots of time

Studies have shown that it can take anything from 18 to 254 days to build a habit, depending on the individual. That is a huge range! So please don't worry if you see someone who can get into the flow of things and keep doing it after a few weeks, you may be one of those people who it takes longer to build a habit. One thing is for certain though, you can't build a habit of something you don't do!

Celebrate successes

In this busy world, we don't celebrate our successes enough. Celebrating success in fitness is crucial to building a habit, as it provides positive reinforcement of a good habit. Successes can be small or large. So, post on social media and let the whole world celebrate with you!