

Motivation

Many people find that they start on a fitness and health journey with a hiss and a roar only to drop off after a while. Is this you?

Studies have shown that there are 2 key periods when this is most likely to occur. The first is the the first 60 days and the other averages around the 9 month mark.

The first 60 days are critical to your success. There is a lot going on in this period:

The body adapts to regular exercise and a change in diet.

It takes time for the muscles and tendons to condition themselves to regular exercise. The nervous system improves in co-ordination and skill of the movements. These two factors are intrinsically linked: The greater your skill at movement the more effort you can safely and enjoyably put in and therefore the more rewarding the workouts.

The Body, your Tastebuds & your Brain adapts to a healthier diet.

- When I was 19 my mum and I had a bet. For a month she would switch to low fat milk which she disliked the taste of and I would keep my room tidy. I, of course failed to keep my room tidy which meant that after that month mum could go back to full cream milk. To her surprise she found she didn't like the taste anymore and actually preferred low fat so she stuck with it.

And of course as we put better things in our body we feel better, more energised and our mood improves making it easier to do that next workout.

Finding Time

Most of us find it difficult to fit everything in. Work and family are of course usually our main priorities. If you need a shorter workout plan or even something you can do at home on the days you can't make it to the gym just ask us.

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Just remember why you are doing this in the first place. A few years ago Erin and I had a trip planned to Fiji and I was planning on surfing the famous wave called Cloudbreak. My goal was first to survive and secondly to look good doing it. So I stuck a picture on my fridge at home to remind me. That was the first step, the second step was to have a plan of how to achieve it and break it down into mini goals. Small achievement lead to big success. Our team can help you with, this just ask.

Teamwork = Motivation

If your goal is weight loss and health orientated then having a team behind you can make all the difference. Imagine if you are the only one in your house who has decided to loose some weight and everyone else is still blobbing out and living on takeaways. It's gonna take that much more will power isn't it? So why not get get them on your side. Share your goal with your team wether its family or friends. Tell them what you are doing and how you plan to succeed and they will support you. Even better get them to join you, we can give you a 2 week Jump Start voucher for them to try us so they can come with you. It's way more fun to come with a friend and if you

know someone is counting on you you will make the effort to show up. Another option of course is having personal trainer to keep you accountable.

The Perfect Workout

I was talking to one of our members this week someone who has been a member for more than 10 years now. They were talking about how it's difficult to get the diet right they just need to sort a few things out and then they will get on to looking after the diet again. I asked them out of the last 10 years that they've been training with us how many perfect workouts have they had? You know you come in you have lots of energy to burn the day was going great the birds are singing the sun is shining and the weight feel light and everything goes your way. The cheerleaders are dancing and every dumbbell you need is ready just as you want it. He looked at me carefully and thought about it and said "maybe four or five". So I said out of the last 10 years you've had four or five perfect workouts and the other thousand or so you just got on with and did it anyway? - "Yeah but at least I got them done right?" And that's the point just get it done don't wait for the perfect moment just get it done.

Emotional Barriers

Studies have continuously shown that negative emotional states lead to falling off the healthy lifestyle bandwagon. Addressing negative emotional states and urges over the long-term should be a priority for anyone working for weight-loss. Assessment and treatment of depression and related states may improve weight loss efforts in the long term. Remember that exercise it's self is a great de-stress.

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If we all liked the same thing it would be a boring world

A recent study of people who start a healthy lifestyle plan only to stop versus those who keep at it and make exercise a longterm part of their life show that it comes down to enjoyment and/or solid measurable goals.

Imagine if you can only run on that treadmill if you have a great playlist of songs that really get you going. What happens if you forget your headphones that day. You are left with do you like running on a treadmill? If you don't it's easy to skip it. If you like running for runnings sake you are gonna make time for it anyway.

As you are no doubt aware Aspyre Fitness offers a huge variety of activities. Don't be afraid to dabble with many different kinds of movement while you figure out what works for you. For example not long ago we welcomed a new member that was adamant that all they wanted to do was run on a treadmill and lift some weights but now twice a week he attends our Body Combat classes. Another member joined us for body building and discovered along the way that the really like callisthenics and bodyweight training. Why don't you ask us to show you something new. We love that.

