

TIPS TO MOTIVATE YOURSELF TO WORKOUT..... Elaine Knipe

With summer around the corner, A lot of us are thinking about getting ourselves into better shape. But what if we lack the one thing? MOTIVATION!!!

Here are some tips to get that mojo going!

TIP #1: FIND YOUR FITNESS TRIBE

Find a friend or friends to join you on this fitness adventure. It's always way more fun with company. If you can't find a partner in crime, seek out a personal trainer, many benefits to have one especially with accountability!

TIP #2: PUT IT ON PAPER

Make a commitment contract. Include your plan of action such as, how many days, how long your workout sessions will be, etc. Even putting an expiration date on the contract. Also, listing a penalty, if you fail to follow through.

EXAMPLE: Monetary payout to a friend or something of your choice. Make sure, it catches your attention when payback is due!

TIP #3: HAVE A REWARD SYSTEM

Yes, weight loss and/or muscle gain will be a reward in itself. However, most of us need rewards even more so in the beginning. NOT FOOD OR ALCOHOL!

EXAMPLE: Pedi/Manicures, New workout clothes or gear, more TV time. Whatever you will feel rewarded with.

TIP #4: RETHINK POSITIVE BEHAVIOR

Imagine how great it will feel after your workout. How it will feel your one more workout closer to your goal. NO ONE ever regrets a workout but regrets not having one.