

WORKOUT MOTIVATION TIPS

1

Get your gear ready

Get your gear ready in advance. If you plan working out first thing in the morning wear your activewear as you wake up. If post work change into it before you leave it. If you work out at home when the baby sleeps, wear your activewear and seize the moment once you can (but be prepared in advance). Also prepare your gym bag and clothes the night before. Once you have your stuff ready, you have set the intention in your mind and chances are more in favour you get it done.

2

Change your point of view

Look at your workout time as part of your selfcare routine, your “me time”. Don’t think of it as a chore. This is your time to be with yourself, your thoughts, your music, your time to take care of your body, empower yourself and get energized. A different mindset will encourage you, because you have turned it into a positive matter.

There is no right or wrong, or one suit fits all. You have got to find what you like doing in order to be consistent with it. If you like running- run, lifting -lift, Yoga do it. Do something you enjoy, otherwise you will not stick with it (believe me, been there - done that). Also mix things up if you feel you’re getting bored with your routine or hit a plateau.

3

Do what you enjoy

4

Challenge yourself

Challenge yourself with getting better. Like doing 10 push ups, succeed doing 1 pull up, running a certain distance. Track your progress in a notebook, so at times when you lack motivation you can scroll through and see how far you’ve come. This might give you the extra push to keep going.

There is nothing better than having company and someone to share your journey with who cheers you on. There are several ways you could do that. One would be having a workout buddy. Another way could be joining a group, a running group or a group class, where you cheer each other on. You could also open a social media account to keep yourself accountable. When you don’t want to let your partners or community down, chances are you will stick to the routine long enough to turn it into a lifestyle.

5

Get social



Imagine yourself post workout

6

Was there ever a time you regretted working out? NO, right? So think about the amazing post workout feeling you want to have again, and make it happen.

7

Have a plan

Following a specific program and laying out the week in a structured schedule will prevent you from getting distracted and disorganized. It will eliminate thoughts of confusion and overwhelming that might prevent you from sticking to your routine.

8

Track your physical progress

Take before pictures and measurements. Ignore the scale as that might be deceiving (as muscle weights more than fat, and it is more dense so you will see change on your progress pictures but might weigh the same). It takes time for progress so take them at least 4 weeks apart .

9

Listen to your favourite music

Who doesn't enjoy listening to his favourite play list. Music turns it to a fun time. A time you will enjoy, so you will feel motivated going.

This is a bit pricy and can only be used rarely, but who doesn't like to get something new and try it out. It is always a great reason... Haha, too bad it can be used only once in a while, but it works like a charm, especially for us girls.

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Get new activewear

