

Staying Motivated

As we approach the middle of Canberra winter, it can be hard to stay motivated to exercise. Staying in bed where it is nice and warm, or curling up on the couch with a blanket and cup of tea in the evening, exercise seems to slip to the back of your mind. Here are a few tips to keep you motivated to continue your regular exercise throughout the colder months, or whenever you seem to be going through a little motivation slump.

First thing to do is to write down why you started exercising in the first place. Was it for your health, for weight management, mental health, there was something that got you started, what ever it was, write it down. Then stick it somewhere you will be reminded of it. Remembering why you started is the first step to getting back on the horse.

Second thing to do is write down what you are trying to achieve. This is different to why you started. Say you started to become healthier. Now what you might be trying to achieve is a regular exercise routine of a mix of strength and cardio to ensure bone health and heart health. It is a more in depth reason as to why you started. Write it down, put it somewhere it you will see it ALL THE TIME.

Then try these...

Don't have hard set rules, because rules were meant to be broken. Be flexible with your routine, otherwise you will beat yourself up and begin to feel guilty for not working out and this does not help motivation. If you didn't get your workout in this morning, try get it done in the afternoon. Or if you are not feeling it, just go for a walk instead to keep the movement going and try again tomorrow.

A little competition can help. Spark up a friendly competition with someone, who can do 10 000 steps every day? Who can get their 3 workouts done a week for a full 12 weeks? What ever it might be, find a buddy and keep each other accountable through a bit of friendly rivalry. Then celebrate your wins together at the end. Have something to look forward to.

Don't make the reason you exercise about your appearance. Sure, you might have started to lose a few kilos. But if you fall off the wagon, you are more likely to just give up because you think you have blown all your hard efforts and the weight loss journey is hard. Instead, make it about creating a healthy lifestyle. You exercise because it is good for your health and fitness. It takes the stress out of it and if you fall off the wagon, you are more likely to pick yourself back up and start again, because it is about creating a lifestyle change.

A few other things you can try...

Put on your workout clothes as soon as you get up or get home from work. It is harder to say no when you are dressed and ready to go. Write down how you feel after a workout as motivation for you next workout. Have some motivational quotes around to get you in the right mindset. Set yourself little challenges. Workout with friends. Do something you enjoy. Track your weekly workouts and successes and write down what a perfect week would look like. Celebrate when you hit the perfect week with a massage something you enjoy.