



# REVIVE YOUR ENTHUSIASM

## 9 Steps to Get Back on Track!

Do you find it hard to motivate yourself to get back into your health and fitness routine after the holidays? If so, you're not alone. Here are some simple tips to revive your enthusiasm and motivation to get 2011 cranking along to achieve your best:

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BY JENNIFER ATKINS

### 1 SELF-TALK

Yep, we all use a little voice inside our head to analyse, judge and evaluate. This little voice can be incredibly destructive if you allow it to be. Negative self-talk can literally sap your energy and belief in yourself. You must act as the gatekeeper to this negative voice inside. Practise blocking it out and notice how much more in control you feel.

compelling – get excited about it. If you don't feel good about what you are doing you are not going to be motivated to do it. Change your thoughts and your feelings change, change your feelings and your actions change, change your actions and your results change, change your results and your life changes.

### 2 EMBRACE CHANGE

As Anthony Robbins says, "Your past does not equal your future." Most of us live in a paradigm that repeats the same situations over and over. Just because you have struggled previously doesn't mean you have to struggle now. It's important to realise what you have done in the past doesn't have to keep happening in the future. It's important to make your future

### 3 VISUALISE

Just as you are about to go to sleep, when you are in a drowsy state, it's good to start seeing how you would like to look and feel this time next year. Your mind can't tell the difference between something that is vividly imagined and something that you have actually done. The drowsy state helps to access your subconscious mind which is where effortless actions begin. This also helps you wake up in a positive mindset.

## ROLE PLAY

Make your exercise and health a part of who you are. If it is part of who you believe you are, then it will become much easier. See yourself as someone who is fit and healthy and already looks and feels great, even if you are not there yet. Fake it 'til you make it! What the mind can perceive, the body can achieve. Play out that role and you will find it easier. Just like any new habit that you form, it does take some practice to stick with it - so be persistent!

## MOTIVATE

Link good feelings to doing exercise and bad feelings to not doing it. Exercise should not be a pain. If you see it as such, then you are fighting a losing battle. Willpower will get you only so far. If you link an action to the right motivation then it changes your perception of it. For example, instead of thinking about losing weight maybe you would be more motivated to exercise by thinking about how fit and healthy you are making yourself. Maybe you value that more. Think about it and use whatever motivates you.

## BE REALISTIC

When I first started working out I would begin with this huge routine that went on for ages and I was all pumped to get into it – at the start. But very quickly the enthusiasm waned... and then it became too hard. Start off with a 10-minute routine. Everyone can find 10 minutes if they want to. If you can't commit to 10 minutes you will never do half an hour or more. Once you get into the habit you will find you will naturally up the stakes and increase the time and/or intensity of your workouts.

## MAKE IT FUN!

Don't do the same routine all the time – mix it up. Do what you enjoy, put your favourite music on and go nuts. Exercise with a friend if it makes it easier. Whatever you can do to enjoy exercise more will keep your motivation high.

## SEE YOUR FUTURE

A good exercise is to sit quietly, close your eyes and take yourself into the future. Let's say one year from now. Imagine how you'll feel if you haven't reached your goal. Imagine this vividly. Get uncomfortable. See how disappointed you are. See what you might have missed out on. Really feel it. Now shake that out and now imagine that in one year how you would look and feel if you achieve your goal. Feel the confidence, the excitement, the pride you would feel. What would you be wearing? How would you stand? Really get into that feeling. Use these feelings to push you forward to achieve the success you deserve.

## MAKE EXERCISE A MUST!

Most of the things we say we should do, but don't, are the very things that would have a significant impact on our lives. Make exercise something you must do instead of something you should do. Things that you 'should do' never seem to eventuate. Change your rules and you change your game to win.

I hope these tips will encourage you to either get back into your routine after the holidays or turn over a new leaf and start an exercise program. Just remember that health and fitness does not have to be hard. Do whatever you can to make it more enjoyable and by this time next year you'll be looking and feeling awesome, Oxy Girl! ☺



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