

How to stay motivated with your exercise programme

Ever struggle to stick to your exercise programme? You have the best of intentions but you just can't seem to stay motivated. You just don't seem to be able to get to the stage where you start getting measurable results and actually enjoying your exercise. Well you are not alone – only about 20% of people exercise consistently on a regular basis to receive the full benefits that regular exercise can provide. The following strategies will help you get the most from your exercise programme and achieve ongoing sustainable results that will improve your quality of life.

1. Establish the reason(s) why you are exercising and think of the real life benefits it will provide ... more energy, greater productivity, feeling healthy and vibrant, greater ease and freedom of movement, a greater quality and quantity of life and feeling better about yourself. Establish which reasons are most important to you. The times that you feel unmotivated or don't feel like exercising, these reasons will help keep you exercising.

2. Establish a routine. That is specific times and dates you will exercise on a weekly basis. These times need to be specific and at times that will not be interrupted with other activities. These times must also be non negotiable. Obviously, from time to time other important activities will take the place of your exercise session. This is part of having flexibility but this must only be the exception rather than the rule.

3. Make exercise a priority. How important are the benefits that exercise brings to your life? Superior health and fitness will bring many benefits to all areas of your life. Without good health and fitness you will not reach your true potential in all areas of your life. Be aware, if you don't make exercise a priority, work and other activities will eat into your exercise time. Making exercise a priority is essential to sticking to your exercise programme and staying motivated.

4. Be Persistent. Stick to your exercise long enough and you will really start to enjoy your exercise. At this point the feeling exercise gives you and the benefits you are receiving from it will help provide plenty of motivation for you to carry on and stick to your exercise programme. This generally occurs after about 6 weeks of consistent exercise. Why would you want to stop exercising now?

5. Keep a training diary. Not only does this give you a sense of accountability and achievement, but it can aid you in identifying if and where you are having problems with your exercise consistency. Seeing the progress you have made also acts as a great source of motivation.

6. Be realistic. Many people start exercise programmes with gusto but often after several weeks have completely dropped out of regular exercise. Be realistic about the time you can commit to your exercise. Small amounts of consistent

exercise are always better than a lot initially and then none at all. Being realistic will make it easier to stick with your exercise programme and stay motivated.

7. Use a personal trainer. A personal trainer can help you stay motivated by providing some accountability. A trainer can also correctly assess you and give you exercise programmes that are appropriate for your goals and needs. Periodic assessments provide for a great source of motivation by measuring progress. Changing of programmes on a regular basis also provide variety so you will never get bored of the same exercise routine. However, remember a trainer can only show you the way; they cannot do it for you. You do need to do what is asked of you. The vast majority of people that use a personal trainer stay motivated and achieve results.

Implement the above strategies to help you stay motivated with your exercise programme. You will start to enjoy exercise, even look forward to it and enjoy all the benefits that regular exercise provides.