

ASK THE TRAINER

QUESTION:

"I really need to get fit again. I have been lazy and I am starting to feel it. How can I get motivated?" – Georgia

ANSWER:

According to dictionaries, "**motivation**" involves a number of factors, but two of the most important concern **enthusiasm** and **reason**. Motivation is: a feeling of enthusiasm, interest, or commitment that prompts someone to do something. Motivation is also: a reason for doing something or for behaving in a certain way.

In your question you actually expressed two (that's 2 – big smile) excellent **reasons** for getting motivated to become actively involved in a fitness program: In your words, you "*have been lazy and (you are) starting to feel it.*" I certainly am not going to mount the podium and assume the garments or posture of a "clergyman" on this point, but I do want to commend you for being honest with yourself.

And again, in your own words, you expressed that you not only "*need to get fit again,*" BUT you said you "*really need to get fit again.*" By your own words, you are definitely on a path that can lead you into the type of motivation you desire.

So you see, you are already on the way and did not even realize it !!!

Since I am dealing with the **reason** factor first, let me insert a commercial here. In my little book, *Fitness Basics 101*, I have a section on **reasons** why we all should be involved in a life-style of fitness. Here is a "freebie" (big grin).

I have personally discovered many **reasons** to exercise and the experiences of others certainly substantiate my discoveries. The list below is not necessarily in order of importance, but simply listed as such since something has to be first and something has to be last.

- Exercise may decrease the likelihood of a person dying from certain disorders such as heart disease or diabetes-related complications.
- Regular physical activity may help a person deal with stress, anxiety, or depression since it assists a person to be in a better mood.
- Exercise may help people think more clearly. People who exercise regularly often perform better on memory tasks.

- Because exercise raises the energy level, people who exercise are less likely to miss work due to physical complications and are usually more productive while at work.
- A balanced exercise program can help improve circulation and help manage blood pressure.
- A fitness program may improve a person's appearance by keeping body fat in a good range and this may improve a person's self-esteem (which often enhances relationships with others).
- Those who develop a disease, but remain physically active, often have better outcomes.

Now, how do you develop that feeling of **enthusiasm, interest, and commitment** that will prompt you to actually do something about the reasons? What I am about to share has worked for me and for numerous clients that I have had the privilege of working with as their personal fitness coach or trainer.

First, you must come to accept that starting or re-starting a more active (less “lazy” – are you smiling?) lifestyle is something you do for yourself. It is making an investment in the present and in the future that will help guarantee that you not only live to see your senior years (if you are not already there), but also that your senior years will find you actively doing what you want to do with vitality.

I hope what I am about to say does not sound too selfish, but if you do not take time for yourself, the time may not be taken. I have had numbers of clients who had to accept and put this into practice: mothers who gave so much of themselves to their children and dads who gave so much of themselves to their jobs so as to provide for their families.

Now there is certainly nothing wrong with this, but too often “self” suffers.

I either heard or read some years ago a statement kinda like this: when we are younger we spend all our health trying to attain wealth and when we are older we would give all that wealth to regain our health.

In a nutshell, **invest in yourself!** This is the most rewarding and worthwhile investment you can make.

Second, if you are going to develop **enthusiasm, interest, and commitment** that will prompt you to actually start or re-start a more active (less “lazy” – are you still smiling?) lifestyle, **alter your way of thinking! Attitude is so very important when it comes to motivation!** Success is a process that begins from within. Wanting success is the first step to attaining it. Also, having the courage and conviction to back it up cannot be over-emphasized. Many of us are programmed with limiting beliefs about ourselves – what we can do, what we can be, what we deserve, etc. Our beliefs often dictate our behavior. What we believe about our circumstances and ourselves directly impacts the reality we create in our life. If we have a positive mental attitude, our expression and body language will reflect our confidence and we will develop the **enthusiasm, interest, and commitment** we need to succeed.

Along this line I must say that the idea that fitness can come from an exercise machine that is touted in an “infomercial” or a “diet” that works for a certain Hollywood star can be thrown out of the window.

If these part-time solutions are the “fix” why are so many folks failing at becoming fit, happier, and less stressed? The answer may be one of the simplest cautions ever spoken: “If it sounds too good to be true – it probably is.”

Fitness does not come from externals (though externals may contribute) – fitness comes from within. Don’t look to anything or anyone else to give you **enthusiasm**. Don’t look to anything or anyone else to arouse **interest**. Don’t look to anything or anyone else to enable you to experience **commitment**.

A number of years ago I came across the following formula. I wrote it down and have shared it with many people.

- ✓ Change your thought...open up to possibility
- ✓ New thoughts invite new behavior
- ✓ Empower yourself in your new behavior
- ✓ New behavior invites new expectations
- ✓ New expectations bring new goals
- ✓ New goals bring new RESULTS!

I hope this helps.

Dan

www.fitnessbasics101.com