

Chris's Top 10 Motivation Strategies for Better Health and Fitness

1. Decide to commit to having high standards

Your standards are a set of rules and expectations you have around your own behaviour. Ask yourself what are your standards around health and fitness? For example; will you eat healthy foods, exercise regularly, or drink less alcohol? Ask yourself what results do you want and ask yourself will your current standards give you the results you are looking for? As you begin to become more consciously aware of your standards you will naturally want to improve these over time which means you will achieve greater levels of health and fitness.

2. What is your “WHY”?

One of the best ways I get my clients to increase their motivation to follow through in achieving their goals is to get them to get clear on their WHY. To do this simply brainstorm a list of 20 benefits that the goal will give us. This helps train our subconscious mind to access the important reasons for why we want the goal in the first place. This simple brainstorming exercise helps us form new positive associations to our goals, helps us form habits quicker and increases our motivation.

3. Set targets and goals

It's good to decide to do more exercise but how much more should we do? Not being clear on your fitness goals means that you may not do enough exercise. Invest some time to set health and fitness goals and targets to make sure your exercise plan has a focus. Work with our fitness staff to design a health and fitness plan to assist you achieve your goals. Remember: A goal without a plan is just a wish!

4. Visualise your success ahead of time

One of the leading mental techniques in sports psychology and success coaching is called highly engaged visualisation. This is like doing a visual meditation on what the end goal will look, feel, and sound like before you achieve it. This technique cleverly fools our brain into thinking the experience has already happened which makes achieving our goals more familiar and easier. Olympic athletes and high performers are all using this technique which has been proven to improve motivation and results.

5. Put your alarm clock out of reach

Do you plan to exercise in the morning but, on waking, hit the snooze button and go back to sleep instead? I used to do this all the time! So, now, I put my alarm clock on the other side of my bedroom so I have to get up to turn it off. I leave my runners and workout clothes next to my alarm clock so, as I'm up, it is easy to put them on. Then you only need to focus on making it out your front door and you will have all the momentum you need to start your workout.

6. Do more of what you enjoy

Discover what your favourite workouts are and focus on doing these to increase your motivation. When you discover what workouts you like the most you can really look forward to exercising which means you will be much more likely to achieve your fitness goals.

7. Schedule your workouts

If you have an appointment to see your doctor or dentist how likely is it that you will miss it? Not very likely! Once you agree to be in a certain place at a certain time, only a real emergency will make you break your commitment. You can use this same strategy for exercise. Schedule your workouts so that you commit to exercising on certain days at specific times. If anyone asks me am I free at these times, I tell them no – I already have a prior appointment. Treat your workouts like the important appointments they are and you'll be much less likely to miss or skip them. I plan my week ahead every Sunday night and schedule all my meetings, appointments, projects and workouts in my iPhone calendar so that I know my week is set up for success.

8. Get a workout buddy

If you find it hard to get or stay motivated to exercise, get yourself an exercise buddy. If you are unmotivated and feel like skipping your workout, when you exercise alone the only person you need to justify your inactions to is yourself. But, when you have an exercise buddy, you'll need to justify yourself to them too. Suddenly, that excuse of "oh I was too busy to exercise" will sound pretty poor. Exercise buddies will help keep you honest and accountable. It's a form of peer pressure and peer pressure can be very powerful. The best exercise buddy is someone with the same workout and fitness goals as you who is also reliable and will get on your case if you start to skip workouts. Remember though, you need to hold them to account also!

9. Have some skin in the game

When you commit to a fitness goal announce it to as many people as you can that you know will hold you accountable. The more people you tell, the more skin you have in the game. Which means there is less chance of you backing out. If there is one thing most people hate, it's looking silly over failing to keep our promises. You can use this phenomenon to help you stick to your workout plan.

10. Get a personal trainer

Personal trainers are very useful when you lack the motivation to work out on your own. Firstly, by making a booking with a PT, you are much less likely to not show up at the gym. Also, the personal trainer will ensure your workout is effective and that you put in the effort. All in all, hiring a personal trainer often makes it easier to stick to your workout plan.

Conclusion

Remember, the best exercise is the exercise you can do regularly and consistently. The occasional workout won't help you get and stay fit; you need to stick with it over the long term. Look for ways to exercise consistently each week. It's only when you exercise consistently for weeks and months at a time that you feel and see the benefits. And remember to ask our staff for assistance when you need health and fitness advice.