

## **Tips to Keep Yourself Motivated**

So there you are...counting down the minutes before you begin to workout. Trouble is you have zero motivation to do so. You reflect on the days when you first got into exercising and ask yourself "Where did all the magic go?? Don't fret!! This is perfectly normal and happens to everybody to some degree or another. The trick is to rekindle the spark you once had when you fell madly in love with the idea of being fit, lean, and healthy. Here are some basic tips to help rediscover your romance with exercise.

### **Take a break**

Yes, believe it or not you may be suffering from burnout, and have forgotten how good it feels to actually be in shape. Allow yourself to 3-5 days without working out and you will soon begin feeling the side effects. You may be a little more sluggish, perhaps feel a little weaker physically, and find you may not have the mental clarity you are used to. Perhaps this time will separate you from your body and you will feel motivated to get back in touch with yourself and feel that feeling of well being that you had been taking for granted.

### **Find a partner**

If you have been working out by yourself you may be re-inspired working out with someone. A recent study from the National Strength and Conditioning Association determined that working with a partner yields better results than those who trained alone. If you have been working with the same person for a long time and still do not feel inspired, you may want to find a new training partner, train with a group, or train with different people frequently. Training with different people will also expose you to different techniques and information. Periodically working out alone can also be beneficial. It is good to break it up.

### **Environment**

Finding the right environment to work out in is crucial. Some love the noise, business, and social component of a gym, others prefer more quiet and serene settings such as a park. Still others prefer to be at home and exercise while watching their favorite TV shows. The point is you have many options here and if one is bringing you down, you may find a whole new feeling in another environment. Music adds to your environment as well. Changing what you listen to or beginning to listen to music if you have never done so, will add a real charge to your workouts.

### **Reaffirm the reason**

Often on mornings when I'm tired and would rather not train...the images of disabled runners crossing the finish line of a marathon flood into my head. I recall their strength and determination and think to myself, how lucky to have been blessed with a healthy body. I may go running that day for no other reason other than I can. Keep in mind not only the physical, but also the mental, emotional and even spiritual importance of honoring your body and keeping it in great shape. We only get one body and it has to last a lot of years. As the years go on you will see that every pushup, every run, and every activity you did meant something as you listen to your peers complain about their aches and pains.