

On The Verge of Success

What's so frustrating is that many people quit just when they're on the verge of success...at both making exercise a habit and keeping on the right track.

Maintaining a workout program can be a very rewarding experience. It makes a big difference in more ways than one: from how you look and feel, to your overall mood and state of mind. But how do you maintain a workout program over time, when work, kids, hobbies, and so forth demand much of your time? Well, with proper planning, you can set up a complete exercise program to help you reach your fitness goals, whatever they might be. Here are a few steps you can take to help support you in accomplishing your fitness goals.

Get a workout partner or hire a coach.

If you look at any great master, such as an athlete or a musician, they have one thing in common; they all enlist a coach or have people to support them in bringing out their very best. They are not alone. Simple and obvious in theory, but how often do we do the same? This alone can make the difference in having a workout program last over time. You are less likely to pull a "no-show" with someone waiting at the track or at the gym at 6am. Furthermore, working with a coach will keep you on the edge and will push you to do things you might not ordinarily do on your own. Have you ever said, "Oh, I'll just do twenty minutes on the treadmill today, that's OK," when you normally do thirty? Well a coach will have no part of that and will keep the little negotiator at bay that lives inside your mind!

Create a realistic workout schedule.

If you've been reliable in working out three times a week for several weeks or months in a row, you might think to yourself, "I can probably do four times a week. I think I'll change it up". Well, many times you are right and you succeed at it. But what if you start out and four just doesn't work in your busy schedule? "Over-committing" is a recipe for failure., "Once you don't make it, that sense of failure sets in. I've seen many a successful program go down the tubes because people try to bite off more than they can chew."

Try different exercises, take a spinning class or enroll in a yoga class, possibly increase the time of your workout if your schedule permits. This avoids the plateau that many people experience in maintaining a fitness program. Keeping your workout fresh is of utmost importance and can keep you motivated.

Join a Class or a Club.

If you belong to a gym, you already know there are several classes you can take such as aerobics, step classes, kickboxing, yoga, cycling and so much more. You may even already do this. If you don't belong to a gym, look and see if there are wellness centers, schools and clubs that offer classes.

Why? Because exercising in a group is fun. Often times, you can meet new friends and classes can be a time to get together and have fun exercising.

Joining a club, such as a local cycling or a swim club, can be a great challenge and a rewarding experience. You can meet people with similar interests. Usually, they meet at set times and locations, several times a week. They offer the opportunity to challenge yourself, and often times there are better or faster participants that will push you to work harder (if you've got a little friendly competitiveness in you, and who doesn't?).

Focusing on the scale.

Weight loss isn't going to happen right away. For some people, in my experience you will notice a difference within the first week. Take notice how you feel, not what the scales say!

Working too hard.

Starting easy and working your way up to more frequent exercise makes your workouts more enjoyable and gives your body time to adjust to exercise.

Comparing yourself to others.

If your friend is losing weight faster than you are, it doesn't mean something's wrong with you. We all lose fat at different rates. Try to keep the focus on the gains you're making, not someone else's.

Lian Monley is a qualified C.H.E.K (Corrective Holistic Exercise Kinesiology Practitioner) and Certified Fitness, Health and Nutrition Coach. Her goal is to provide individuals with an individualised corrective exercise and health/vitality program me that educates them along the way. Lian takes a holistic approach to increased health and vitality when treating physical, mental, emotional and spiritual health issues. Lian incorporates Eastern and Western Philosophies to assess and treat clients. She specialises in working with the body from the inside out and is based at The Canggu Club

Giving up too soon.

If you're not seeing results yet, giving up the last thing you should do. If you've been working out consistently, you may be well on your way to weight loss. Whether you've seen results or not, you ARE getting something out of exercising regularly. Think better sleep, more energy, better quality of life...is any of this sinking in?

Hopefully, by implementing some of these ideas, you'll find yourself sticking with your workout program and meeting the goals that you've set out to accomplish. Good luck and keep moving!

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