

Hello

I wish to touch base with you and see how things are going with your current work out routine. Here are a few little tips to stay motivated.

SIX SECRETS TO HELP YOU STAY FOCUSED ON YOUR 2005 HEALTH PLAN

Seeing as 2005 is in full swing our best laid plans for lifestyle improvement in the New Year start to fade from the top of our priority list. Here are six secrets I use with my personal training clients to keep them motivated when the going gets tough. You might be able to use one of the six secrets to re-energize your own wellness plan if you are becoming unmotivated.

1. The bait and switch. I grasped this technique in a marketing course and have since applied it to fitness. If you're not feeling up to you or your planned exercise session, give yourself permission to cut it short or switch it up. Go to the gym with the intention of doing something that day, no matter how short. Many times once you get there you'll change the "mini-workout" back to a full workout or add a second or third set once you are there.

2. Try a change of scenery. When you know what you're in for, it may sometimes be hard to get moving, so spice it up a little. Drive to a park or a new location or different neighborhood for that run. The change of scenery may just be the pick-up you needed.

3. Experiment with something new. If your workout routine is the same day after day it will definitely lose its luster and your muscles are not getting as much benefit as they could if you spiced it up. It may be time to try that spinning or a yoga class or going for a swim...you get the idea. I teach spinning at a number of clubs in the city and would love to see you in a class. Village Yoga is a great place to start out your yoga career or to challenge yourself further with what you already know. They have classes for all levels here is the link.

www.villageyoga.ca

4. Join a group. Many clubs and residential areas have exercise specific groups like walking, running, hiking or cycling clubs where people meet to offer support and a fun workout. I will have a Leaside morning run club starting in May. If you are interested please email me back at trainbytrina@sympatico.ca. There is no cost just a group a new friends to be made.

5. Refocus. Instead of looking at exercise as something that you "have to do", be creative and combine it with something you "want to do". On nice days, take advantage of the outdoors. Make the most out of a beautiful day by taking a brisk walk along a forest trail and use the time to think about how great it feels to be healthy and alive! Some people can't walk; use those legs because you can!!

6. Reward Yourself. It works. If you're really having a tough time, dangle a reward in front of yourself but keep your exercise goals in mind. Try a massage or new workout gear rather than an ice cream cone. Whatever it takes to get moving sometimes we must resort to desperate measures.

For the rest of March and all through April work out with a friend.

I have a two for one special going on. Find a friend and workout with them. This way you split the cost of training and you can try out the luxury of a personal trainer at half the price. If this sounds like something you are interested in and your don't have a friend, and you need a buddy I may have someone in your area that is in the same dilemma. Call and we will see what we can put together.

Cheers

Trina

Invest in your health.... without it, what is there?

Trina Lambe RMT
Fitness Success Coach
ACE Certified Personal Trainer
Train by Trina
416 788 2535 cell
416 544 9220 office
trainbytrina@sympatico.ca

