

Health Topic of the Month - August 2011

Top Tips for Staying Motivated

INTRO

Unless you're super human you'll probably find it hard to stay motivated in the gym.

We all go through phases when it's easier to stay in bed and grab that extra hours sleep before work or when it's easier to grab a takeaway rather than cook that healthy stir-fry!

But here at St Michaels we take your goals seriously so we've devised a 10 point fool proof plan to ensure you reach your goals while staying healthy.



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Top Tips for Staying Motivated

1. Clearly define your goals and ask one of the gym team to write you a programme to get you there (why not it's free and that's what we're here for)
2. Ensure that you review your training plan every week and increase one of the following elements of your programme:
 - Frequency you train
 - Intensity of the exercise
 - The time you train for
 - The type of training you are doing(So in essence just make sure that you're keeping your body guessing – DON'T GET STALE!)
3. Meet with your gym instructor every 6 weeks to make sure you are on the right track
4. Go to at least one group exercise fitness class per week – you always train harder when someone else is training you!



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5. Train with a friend or partner so you can't slack off
6. Ensure your training partner has the same goals as you
7. Measure your success, every 2 weeks test your body to see what it can do in comparison to 2 weeks ago and make a note of it – you can then look back over the progress you've made and be proud
8. Don't over train – it's better to gradually progress rather than pushing yourself too hard, getting sore muscles and being put off exercise for life!
9. If you're feeling particularly wobbly on the diet and training front arrange to meet people at the gym so that you don't skive your session and make sure you take a lunchbox of healthy snacks with you at all times so you don't dive in to a shop for a choccy bar when you're feeling peckish!
10. Other than that just remember why you started training in the first place and try to visualize the end goal, even if the end goal is a year away!!

Good luck from Vicky and the gym team

