



## **Beee Your Own Motivational Fitness Coach**

Do you ever struggle to get to the gym? I installed a gym in our garage a couple of years ago, in the hope that it would encourage me to work out more frequently and for the first 6 months I did. However, [as my husband predicted], I slowly weaned myself off my regular routine and I am now in the process of having to build up my fitness yet again!

In the summer I attended a residential course and as part of the training, we had to get up at 6.00 am every day, to do circuit training with an ex army instructor. "Mr Motivator" was absolutely fantastic and would keep us all going, regardless of the alcohol that had been consumed the night before!

I thought about "Mr Motivator" again the other day, as I was lolloping up and down like a sack of potatoes on my treadmill and reflected on what he used to do for us that worked so well....and here are my findings:

1. He used positives words
2. His tone of voice was full of energy and passion [for exercise!]
3. He would play upbeat music
4. He believed in us (regardless of how appalling we all looked stood there with our bed hair and tatty gym clothes)

OK... so what? Well I compared this with my strategy that enables me to either: 1) get out of exercising or 2) go at it half-heartedly once I'm in the gym, and it's quite simple; I employ an inner demotivating fitness coach - I get in my own way! I talk myself out of exercising and into feeling tired, either in my head or to other people, (I usually find that cajoling my husband into joining me on the couch, is pretty effective too, as it alleviates the guilt!)

I appreciate that all of this is common sense stuff; I think sometimes we just forget to do more of what works. Try out "Mr Motivator's" strategy for yourself, and when you're slogging away in the gym and that voice inside your head is saying, in a flat uninspiring tone "I can't be bothered", change it to an energised "Commmme onnnnn....I can do this!" and notice what happens.

*Training*  *Coaching*  *Organisational Development*  *Reiki*