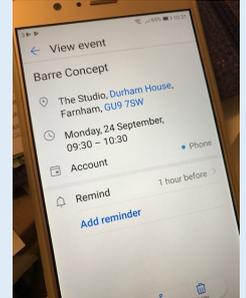


5 Tips

to help you re-start your exercise regime!

1 Schedule Your Activity Time

- Check your calendar and make an appointment with a re-occurring reminder - determine when you can go to the gym, work with a trainer or take a class.
- Start your work out sessions early in the week - this will help solidify your efforts for the entire week.
- Treat your exercise or activity like a very important meeting - cancelling is not an option!
- Try this for 3 weeks or more and you will feel so accomplished.



2 Pack Your Gym Bag



- Have your gym bag packed and ready to go on Monday morning. Your bag should include workout clothes, socks, gym shoes, toiletries, a towel and music.
- As an alternative, keep a pair of gym shoes at work or in the boot of your car for a lunch time walk. You can walk up and down the stairwell, walk around the block, download a fitness app or even rent a bike (if available in your local area).

3 Update Your Playlist

- Create a playlist that will play throughout your entire workout session. Music plays a critical role in most workouts and exercise classes.
- Find some upbeat, high energy songs. The upbeat songs will motivate you to push harder during your workout.
- Find a few slow tempo or instrumental tunes for your cool down and stretching time. Make sure you end your workout by stretching - this will help your muscles recover after the workout.
- Your musical selections will keep you motivated and happy!



4 Get a Support System

- Find like-minded individuals who are serious about fitness and a healthy lifestyle. Use social media to find a workout buddy or fitness community. Then make a plan to meet and workout so that you stay on track together.
- Join a group online and check-in daily or weekly to share your progress. You could share recipes, motivational quotes or workout routines. This is a great way to get suggestions, positive feedback and support from people who can relate to the hard work you are putting into your health.



5 Create a Workout Plan

- Go to the gym with a plan - decide in advance where you want to dedicate your time and efforts. For instance, plan what days you will work your upper body, lower body, back, abdominals and cardio.
- Don't forget to include rest days into your plan.
- Check out Pinterest for suggestions on exercises for different areas of your body.

10 Tips

to remember when you've lost your motivation

“The biggest and most complex obstacle you'll ever have to overcome is your mind.”

Have you ever lost your motivation? You're not alone!

The good news is, with daily practice, you can come a long way from days of haphazard motivation. Motivation can be fleeting, which is why we need to positively recharge our mindset on a regular basis. Here are some key things to reflect on regularly to support your practice of nurturing a more mindful, motivated mindset:

- 1 It's not the weight** that breaks you down, it's the way you carry it. You can use pain, frustration and inconvenience to motivate you rather than annoy you. You are in control of the way you look at life. Beautiful things happen when you distance yourself from negative thinking.
- 2 You always have a choice.** Choose to be negative and you'll find plenty of reasons to stop and frown. Choose to be positive and you'll find plenty of reasons to step forward and smile. Truly, the most powerful weapon against stress and discouragement is our ability to choose one thought over another. Train your mind to see the good in everything.
- 3 Let go.** One of the most rewarding and important moments in life is the moment you finally find the courage to let go of what you can't change. When you stop worrying and complaining about what you can't control, you have more time to change the things you can control. And that changes everything!
- 4 Choose people wisely.** It's never in your best interests to spend lots of time with people who constantly try to discourage you (even if they're your family). If you're the kind of person who believes there's something out there for you beyond whatever it is you're expected to do, if you want to be extraordinary, you can't get there by shackling yourself to those who hold you back. Instead, you will very likely become just as ordinary as they expect you to be. And there's absolutely no reason to do that to yourself.
- 5 Positivity.** Sitting around worrying is a misuse of your incredible creative energy. Instead of imagining the worst, imagine the best and how you can bring it about.
- 6 Long-term success** in life is down to ability, motivation and attitude. Ability is what you're capable of doing every day. Motivation determines what you actually do every day. And attitude determines how well you ultimately do it. Keep this in mind and keep yourself in check.
- 7 Put in effort.** It's always better to be exhausted from meaningful work than to be tired of doing nothing. Put in the effort and live the life you've imagined. Wake up and remind yourself that you are what you do today, not what you say you'll do someday. Good things don't come to those who wait - they come to those who work on meaningful goals. When all is said and done, often times more is said than done. But it doesn't have to be this way. The way to get going, and feel good about it, is to quit talking and begin doing.
- 8 Small steps.** Imagine how much more effective and happy you'd be if, instead of dreading and fighting against certain tasks, you simply got them done. Remember, the task ahead of you is never greater than the strength within you. Do what's right, not what's easy. And when the task is big, do just a little bit of it every day. Even the tiniest daily ritual changes everything in the long run.
- 9 Effort is never wasted,** even when it leads to disappointing results, for it always makes you stronger, more educated and more experienced. So when the going gets tough, be patient and keep going. Just because you are struggling does NOT mean you are failing. Every great success requires some kind of struggle to get there.
- 10 The next step is always worth taking.** Seriously, no matter what happens, no matter how far you seem to be away from where you want to be, never stop believing that you will make it. Have an unrelenting belief that things will work out, that the long road has a purpose, that the things you desire may not happen today, but they will happen. Practice patience. Remember that patience is not about waiting - it's the ability to keep a good attitude while working hard to make progress every day, knowing that this journey is worth it.