

# MOVE YOUR MIND, MOVE YOUR BODY

THE CHRISTMAS HOLIDAYS ARE OVER AND IT'S TIME TO MUSTER UP THE MOTIVATION TO CONQUER YOUR NEW YEAR'S GOALS. SO WHERE DO YOU START? IN ORDER TO GET BACK ON TRACK WITH YOUR HEALTH AND FITNESS YOU CAN'T RELY ON MOTIVATION ALONE. MOTIVATION, LIKE ANY OTHER FEELING OR EMOTION, WILL EBB AND FLOW, SO IT'S UNREALISTIC TO EXPECT THAT YOU WILL FEEL MOTIVATED ALL THE TIME. EVEN TOP ATHLETES AND THOSE WITH THE MOST AMAZING BODIES DON'T ALWAYS FEEL MOTIVATED TO TRAIN. SO, HOW DO THEY DO IT?

By Jen Atkins

PHOTO: SHUTTERSTOCK.COM

**F**irst, you must become inspired. People who have transformed their bodies have an inspirational vision and a goal which motivates them to focus on what they need to do. This also provides them with the necessary discipline to stick with it and push forward during the hard times. Nurture your motivation and take time each week, or each day if possible, to remember why you are motivated (what is your inspiration?) and the things that are going to drive your success.

Quite often our goal is not inspiring enough to get us going and keep us focused, and if that's the case, it's time for a new start and a new outlook.

The best way to achieve this is to make exercise mean something to you. Have an inspirational goal for the future and add the second part of the equation, purpose, to each and every workout.

Your workouts need to not only be inspired, they need to have value, regardless of whether or not you ever reach your desired goal. Always working towards some future, intangible thing isn't enough - we need it to mean something right now.

So, what does exercise mean to you? Is there any value, outside of your weight loss goals, to exercising?

Think about the reasons behind exercise and ask yourself questions. Do you want to reduce stress and eliminate negative emotions? Do you want to have

boundless energy? Do you want your skin to exude a youthful glow? Do you want to feel instant confidence? Do you want to not only survive your busy day, but thrive in it? Do you want to sharpen your mind and concentration? Perhaps you just want some time out for yourself.

No matter what the purpose is, find what works for you each time, and remember that having the same purpose every day may not be enough to get you going. Change your purpose, value and meaning to suit your needs and you'll find your motivation.

A good way to evaluate this is to take time to focus your attention on what it is you want to achieve now - from this workout! You only need to find the purpose for that one workout and if you can repeat this every time, you will find it easier to be consistent with your exercise. Being consistent is the key to reaching that big inspirational goal and gives you momentum so that before you know it you're in Myer looking for a hot new bikini.

The last and most important factor in successful training is enjoyment. You must enjoy your workouts because if you don't, there is no way you will find your inspiration, motivation or a purpose to continue.

Too often, the mainstream idea of exercise involves things like health clubs, cardio machines and fitness classes. This is unfortunate if the thought of doing those things makes you cringe. The good news; you have the freedom to do whatever activities you like! If you hate the gym, don't join one. If you hate the repetition and boredom of machines, try more interactive sports like basketball or spin class. If you like to keep things simple, take several walks throughout the day. Find out what you like and go do it. Set yourself up to win!

Finally, remember that our thoughts, feelings and actions are intimately connected and every thought we think affects how we feel and how we act. Exercise may be all about moving the body, but you won't get anywhere until you move your mind first. ☉

**“MOTIVATION, LIKE ANY OTHER FEELING OR EMOTION WILL EBB AND FLOW, SO IT'S UNREALISTIC TO EXPECT THAT YOU WILL FEEL MOTIVATED ALL THE TIME.”**

**“PEOPLE WHO HAVE TRANSFORMED THEIR BODIES HAVE AN INSPIRATIONAL VISION AND A GOAL WHICH MOTIVATES THEM TO FOCUS ON WHAT THEY NEED TO DO.”**

