

Let's Make America FIT Again !!

How to Stay Motivated on the Road to Health and Fitness

By Jaime Brenkus, L.E.A.N. Living

It's easy to be motivated with that New Year's resolution, but what about the rest of the year. Here's 10 ways for finding that motivation during the remainder of the year...

1. Start by deciding if losing weight or getting healthy is really important to you. You may think you want to lose weight, start exercising...but if it is not among your top priorities, you will not commit the time necessary to make it work. Instead, take it off your list and save yourself the stress.

2. Take a look at the barriers that get in the way. Are you unable to exercise because you work all day and when you get home everyone vies for your time? Then put your exercise shoes and clothes in the car and don't go home until you've had your walk (20 to 30 minutes). Decide what things stand in your way and then devise a plan to work around them.

3. Notice how much time you spend being inactive. Most people underestimate the time they spend in sedentary activities. Invest in a FIT BIT which tracks the number of calories you use and measures your steps.



4. Add movement to your life. Don't feel that you have to have planned, hour-long exercise sessions. Find ways to combine exercise with family activities (tag with the kids), social times with friends (dancing is great). Park a block from work. Take the stairs instead of the elevator. Walk to the post office to mail that letter.

5. Set realistic, measurable, short-term goals. If your only goal is to lose 75 pounds, it will be quite some time before you will feel successful about reaching your goal. Instead, set a realistic, measurable, short-term goal. Depending on your fitness level, your goal may be to walk one mile in 15 minutes, three times per week. At the end of one week, it's easy to determine if you have met your goal. Try to set a goal that challenges you, but is obtainable.

6. Create a plan. On Sunday write out your plan for the week...Exercise Monday, Wednesday, and Friday at 5:15 p.m. for 20 minutes.

7. Make the plan a commitment to yourself. Nothing stands in your way - you will exercise three times this week. If something happens to your Monday, Wednesday or Friday workout, you will find a way to fit it in somewhere else.

8. Recognize success. Reward yourself for the small successes. Don't wait until you lose the 75 pounds. Reward yourself for showing up for your exercise sessions.

9. Get help when needed. Whether it's getting someone to exercise with you, so you'll show up. Or working with a personal trainer to help you get over that plateau.

10. Be consistent. Consistency beats intensity every day. Exercising even after the excitement of the new has worn off. It's like the water in a stream that erodes the rock. It's the small amount of work day in, and day out that will get you the results you desire.



Jaime Brenkus has helped millions with his 8 MINUTE ABS videos, and recently appeared on the Dr. Oz show.

Call Jaime for your FREE 60 Minute Consultation today!

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