



Staying Motivated



How can you ensure you stay motivated to exercise and feel great?

What makes non-competitive runner stressed if they are unable to run for one day, or if their exercise routine has been broken? What makes tennis players persist with training, even at the risk of joint and muscle pain, regardless of the weather and other elements? The answer to this question can be found in their motivation, which encompasses their level of enjoyment, passion, desire to achieve a goal and desire to make a

statement.

Most people who start to exercise at some point in their lives feel the enjoyment from exercise. Their bodies feel good and they have more energy. However, even when they have experienced these feelings, some people still can't get motivated, or find the time to commit to being active. That is where time management and finding the right exercise to cater for your lifestyle and enjoyment really counts. *You need to love what you do, feel terrific having done it and make sure that it adds pleasure to your life, rather than pain.*

Be realistic about how much time you can afford and the best time for you to exercise.

People often read or hear things in the media or in magazines about the best time to exercise and the duration and intensity of exercise that is required to lose weight, or gain muscle. Most of these guidelines are generally good, however, often they do not take into consideration the lifestyle of the average person and therefore they can seem impossible to follow.

Some researchers suggest that the best time to exercise to decrease body fat is first thing in the morning. This may be true, but many factors must be taken into consideration. You may lead a very busy life and may not have time, or feel energetic in the morning. This does not mean that if you exercise at other times you will not achieve the same results. Modern life dictates that people must work harder to be successful, so many people may find it difficult to put their maximum energy into training first thing in the morning, simply due to the fact that they would be tired the next morning from lack of sleep. Thus, although you may potentially lose more weight training in the morning before eating any food, at another time when you feel more energetic you may put more effort into exercising and counterbalance the morning effect, or even increase fat loss.

Don't always believe what you read

The other issue to consider is that when you hear statements such as these you begin to think if you don't have time to exercise in the morning there is no point in doing it at all. It is these types of statements that turn people off exercising and lead to ALL-OR-NOTHING thinking. You need to be very careful about what you read, because there are times when research study results are interpreted to suit particular points of view. For instance, maybe only a small sample of people participated in the study and the results were interpreted to apply to a whole population. Always approach new research with caution and use your personal judgement, because no-one knows what feels good for you, more than you do.

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