

Meeting Fitness Goals seem out of reach?

We have inherent goals laid out for us in all of our daily lives out of necessity.

Time to get to work . Get the kids ready for school . Schedules after schools and work . Our jobs have built in deadlines and goals that need to be met in order for the company to be productive and profitable for security . Plans and timelines for loved ones and family members. Schedules for social events with dates and times. We have goals every single day!

FITNESS GOALS are the only ones that are elective not placed on us by others or our environment.

To achieve them *it's the absolute test of self discipline like no other*. 30 years of health club operations and helping members, I understand the psychology of what it takes *or not* to get past the first few weeks until you reap the benefits of fitness and make the permanent lifestyle change. The next few pages will help only if you get your butt to the gym and take advantage of programming.



Goal Setting: *If not now then when?*

It's not a secret to make change; You are where you are supposed to be based on what you did up till now. You can be where you want to be based on what you do today!

GOAL SETTING: Key factor = Set individual quantifiable obtainable goals!

You control 3 things; the thoughts you think the images you visualize and behavior-the actions you take. You determine your own destiny. *Accept personal responsibility* or not.

Understand: Each day is a test of self-discipline. Set goals and make commitments you can achieve and the result is confidence in your ability to accomplish more. Be aware if you make even a small commitment to your self and fail to meet expectations the opposite effect takes place. That's why goals need to be quantifiable and obtainable.

Be willing to pay the price in full - Practice persistence - Improve in small increments - Achievers are committed to continual improvement.

Behind every great achievement and success story is self-discipline and sacrifice



Get Off Your Butt: 13 Ways to Get Motivated

13 Ways to Get Motivated and Reach Attainable Goals

- ❑ Find inspiration (*complete the free workshops & clinics*)
- ❑ Get excited (*create an incentive worth working toward*)
- ❑ Build anticipation (*the classes you booked are on your app and calendar*)
- ❑ Post your goal view daily reminder
- ❑ Commit publicly (*those that love you will support you*)
- ❑ Think about it daily
- ❑ Get support (*a class or group training shares encouragement and accomplishment*)
- ❑ Realize that there's an ebb and flow
- ❑ Stick with it
- ❑ Start small. Really small
- ❑ Build on small successes
- ❑ Think about the benefits, not the difficulties
- ❑ Squash negative thoughts; Be positive



Plan your Work ...Work your Plan

Your new mantra:

If it's to be it's up to me!

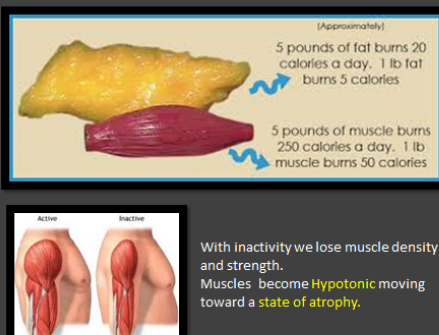
Why do you feel better? Scientists say that the endorphins released by exercise improve natural immunity, reduce the perception of pain, and improve mood. Exercise may also stimulate the neurotransmitter norepinephrine, another mood lifter. Plus your commitment to your self development builds self confidence fulfilment and positively impacts your outlook and quality of life!

RAY KROC

Whenever I feel a bead of sweat come off my skin I have a habit of saying "Take that to **the** bank." To me each drop of sweat is an investment in feeling healthy and happy. You have a twenty-four to forty-eight-hour grace period after a workout to feel **the** benefits in your bloodstream and in your state of mind. After twenty-four hours, blood levels return to a sedentary, dyspeptic mode. Ideally, you should be working out within a thirty-**six**-hour window as you move through **the** week. If you work out on a Monday night, you can feel **the** benefits all day Tuesday, but by Wednesday morning they will be wearing off. Use this knowledge to motivate you not to let more than forty-eight hours pass without exercising.

YOU ARE STRONGER THAN YOUR EXCUSES

"When we think of failure; Failure will be ours. If we remain undecided; Nothing will ever change. All we need to do is want to achieve something great and then simply to do it. Never think of failure For what we think, will come about". - Napoleon Hill



Fat vs. Muscle

Common sense tells us a pound of **muscle** and a pound of **fat** have to **weigh** the same, but they do differ in density. This means if you look at five pounds of **muscle** and five pounds of **fat** side by side, the **fat** takes up more volume, or space, than the **muscle**. It's possible to get visibly slimmer without a significant drop in **weight**.