

# THE BASIC 8

## EXERCISE & MOTIVATION TIPS

Whether your a person that exercises regularly or someone trying to get back in exercise or simply just starting out, these hints and tips will be of great benefit to you all.

### 1. MINDSET

- Determine your WHY? Why did you stop exercising, why haven't you exercised in the past and now you are exercising why do you want to exercise. Use this to keep you focused and on track.

### 3. SUPPORT

- get yourself a support or accountability partner, someone that will keep you motivated and on track.

- Exercise with friends, its more fun.

- Invest in a personal trainers for extra support

### 5. RECOVERY

- Rest & recovery is vital when exercising.

- Muscle soreness is normal after exercising especially when starting out, but if very sore, rest for a few days..

### 7. FOCUS ON FEELINGS

- Focus on NON Scale victories

- Observe how your clothes feel

- \_Look at your skin glowing

- How much more energy you have

- Has your sleep improved

### 2. CREATE A PLAN

- Create goals and put them in writing.

- If new start small e.g. a walk everyday

- Get a health check before starting

### 4. HABITS

- Create lasting habits

- Exercise in the morning, it is then done and you will feel better for it.

- Exercise on Mondays

- Refer back to your WHY to keep you focused regularly..

### 6. SELF CARE

- Self care is important, look after yourself physically and mentally.

- Stretch regularly

- \_Practice deep breathing

- Take in a gentle Yoga class

- If feeling sore have a massage and or soak in a warm bath.

### 8. ENJOY THE PROCESS

- Be kind to yourself always

- Enjoy the journey

- Test & measure your goals and reset to keep you motivated

- REWARD yourself when you reach a goal

**Naturally Dynamic Health**

577 Englehardt Street Albury - 02 6021 0557