



7 SIMPLE STEPS TO STAYING MOTIVATED

*you can, you should & if you try,
you will*

THE FIT SHOP

7 STEPS TO STAYING MOTIVATED

1

SET SHORT TERM GOALS

We all have big hairy goals we want to achieve. But when you are just starting out its important to focus on the little steps in between. Write these down and put them somewhere you will see it daily.

2

DAILY HABITS

These are the little bits of gold that keep you focused day in day out, your non negotiables It's important to set habits for each area you want to improve; movement, nutrition, hydration, mindset etc

3

MAKE IT A PRIORITY

Yes it's that simple (well kind of) Like work you can't just skip it because you don't feel like it. It's important to schedule whats important, training, preparing healthy meals, least mode activities etc

4

GET A TRAINING BUDDY

Getting up early isn't always easy, but when you rope in a friend to meet you for a walk or at the gym suddenly its not so easy to hit the snooze. Its also great to have the support.

5

DO WHAT YOU ENJOY

Motivation is made easy when you enjoy what it is you are doing. So chose something that will not just get you the results you are after but also something you will enjoy, be it; running, gym, dance or yoga.

6

CONSISTENCY

No one just wants to be health for a day, 28 days, 6 weeks. It's important when you are setting your goals and habits that they are sustainable long term to ensure you make lasting change.

7

GET A COACH

If you are wanting to make big changes with your health, take the guess work out, save time and hire a coach. Your coach will assess where you are and lay out the path for where you want to be.