

## Six Motivational Tips To Help You Meet Your Fitness Goals

1. **Be Selfish:** You deserve the exercise you scheduled - stick with your plan no matter what. Don't hesitate to be direct and tell people exercise is a priority to you, one of the few things you do for yourself, and you are going to fit it in even if it means giving something up. Expel any guilty feelings by remembering without exercise you'll feel a lot different about you and might act different - many people do.
2. **Be Stubborn:** Every evening, plan how to fit your workout in the following day and do your darndest to make it work. Then, don't let setbacks stifle your urge to exercise. For example, if a sudden business meeting uses up your lunch hour you slated for a workout, when you get home, hit the trail, gym or road before dinner. Or, an hour after dinner, slip out for your workout. If you decide nothing can deter you from your plan, you can always find a way. And every time you beat the odds, you'll feel great!
3. **Be Flexible:** Think of surprises as opportunities and you'll be able to handle schedule problems. If you plan to go the gym Wednesday morning before work and you oversleep, don't get upset. Instead, reason that you probably needed the rest and try to fit in a shorter workout before work or take a walk at lunch. Remember, you can always adjust workouts later in the week if necessary. This flexibility will help reduce your stress level and you'll feel less pressure attaining your fitness goals.
4. **Be Resourceful:** It may take ingenuity to stick to your plan. Maybe you'll need to squeeze in a workout by walking, running, or biking to work or home. Park a few blocks away from work or in the last space in the lot. Traveling on business? Try booking rooms in hotels with gym facilities.
5. **Be Determined:** To help remain motivated and get your workouts in, it will help to focus on your goals. If you're determined to accomplish them, you'll find ways to do what needs doing. Every time you feel things getting out of control, think about what you're working up to, key in on how great it will be if you can reach your goal, and you'll find yourself motivated and more determined than ever to do what it takes to stay on track.
6. **Be Prepared:** One big part of successfully reaching a goal is to expect problems and have solutions in mind. Many athletes have short but high-quality workouts in the hopper they can squeeze in when the actual planned training falls through. Sure, they don't get exactly the same result, but having an alternative plan helps reduce stress and even a different workout is far better than skipping one. Keep a list of other branches of your gym and a workout bag ready to go at work or in the car so if it's raining or dark, or if you're nowhere near your home, you can always fit in your exercise. Source: Asimba.com

