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How To Actually Enjoy Your Fitness Regime

Posted by: Guest in Health

Pursuing a fitness goal should be less about “not being enough” and more about adding value to your life. In this post, personal trainer, Nardia Norman talks about how to really enjoy a fitness regime.

My life as a personal trainer is built around observations, and unwittingly, a lot of these observations are made in the women's changing rooms at fitness centres. I know what you're thinking – sounds a little creepy but this is where I tend to stop, chat and congregate with members.

With thousands of bathroom trips under my belt I have concluded that the changing rooms are where women are their true selves. The way a woman undresses, folds her clothes and conducts herself post-workout, speak volumes about her personality. A lot can be said of secret women's business in the changing rooms!

The other day I noticed two women getting ready to head out to the gym. As they chatted, the differences between them were startling. One woman was smiling and putting on her gym gear with a sense of purpose. The other woman seemed distracted and was taking her time getting into her clothes. As they walked out together, the first woman remarked that she was excited about “getting to train legs that day” whereby the second grumbled that she “had to do cardio”.

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Now if I were to hazard a guess I would say that the first woman went out into the gym and had a great workout while the second woman probably grumbled her way through a sub par session.

What that example highlighted was a difference in perspective. One person was excited about exercising whereas the other "had" to do it; one viewed exercise as a positive experience whereas the other viewed it as a chore. It is this fundamental difference in perception that enables one person to succeed and for another to eventually fall off the bandwagon.

Your attitude and belief towards something will determine your willingness and drive to pursue it. Naturally these same attitudes determine how you perceive your fitness regime. If you perceive it as enjoyable and rewarding, then you're more likely to stick with it.

But before I go down that rabbit hole I'd like to draw attention to the real reasons women want to lose weight. Please bear with me as I challenge you to be truthful.

Superficially, women embark on fitness regimes with a desire to look and feel better, however these desires often come from a place of "not enough". Ask what your *real* reason is for wanting to lose weight?

Sure, you may say you want to look better, but why? Is it because you no longer feel sexy, healthy, confident, in control or powerful enough?

This "I am not enough" feeling is often an underlying motivator, which is based on negativity or fear. Operating from this place means that you go about your weight loss journey fearing what will happen if you *don't* exercise or eat well.

The subconscious focus then becomes about "having" to exercise or eat well because if you don't, the consequences will be weight gain which will further reinforces your "I am not enough" mentality. This is what keeps women locked in a vicious cycle of yo-yo dieting and over-exercising.

Operating from a positive or loving mindset is completely different. Pursuing a fitness goal becomes less about "not being enough" and more about adding value to your life. A positive mindset is one that says, "I am confident, powerful and sexy right now, and this is an opportunity to become the very best version of myself".

Now you may be thinking, okay but how does this help my fitness regime? Well it goes back to what I outlined previously – perception is everything.

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You get to choose how to view your regime. One of the best ways to enjoy it is to view it as an opportunity for you to grow as a person. It is an opportunity for you to challenge your body, to nurture it, to move it in ways that it hasn't moved before, and it is an opportunity to change your body for the better. You get to choose your outcome.

Any fitness regime is going to have challenging elements but how you choose to react to those challenges will determine whether or not you eventually reap the rewards.

Having a positive mindset is crucial to your success. Once you cultivate that mindset, you can then move on to other key ways to actually enjoy your regime.

6 hot tips to enjoy getting fit:

1. Exercise with a like-minded friend or a group of friends. Research shows that working out with others keeps us motivated because we are more likely to push ourselves. It also helps with accountability, and of course, exercising with others is always fun.
2. Explore different modalities of exercise like dance or something crazy like aerial silks.
3. Release your inner gourmet by enrolling in cooking classes and taking a vested interest in different ways to cook and prepare healthy meals.
4. Make a list of all the positive side effects that you get with your program – increased strength, fitness, balance, glowing skin, more energy, improved sleep and new experiences. Focus on these and not just your weight.
5. Celebrate your mini victories. Every time you reach a different milestone such as lifting heavier weights, losing a few kilos or changing a poor behavior to a positive one, treat yourself to a non-food related reward like a massage.
6. Book yourself into a challenging event, for example a mud run. This gives you a different focus.

Now, go out there and be that woman who says, "I cannot wait to train legs today!"

What's your exercise philosophy? Swap it with others in the comments section below!



Nardia Norman is a self-confessed training and nutrition geek who was recently awarded the Australian Fitness Network Personal Trainer of the Year 2014. She is also the author of "Fat Attack; The Secrets Behind The World's Biggest Loser". More about her can be found at www.nardianorman.com.