

The ‘Secrets’ to Staying Motivated

Why is it that some people can get their workouts in or stay on their nutritional program no matter what? Do they have some kind of iron strong will? Is this something that anyone can do? Yes, it is. The key to success is to get set up correctly from the start. Here’s what you can do to help:

Social Support

Studies show that those people that are held ‘accountable’ are also more successful with fat loss. Whether this means having a nutritionist, a personal trainer or a workout buddy, you will increase your chances of staying on track by involving others with your goals. This means finding social support in all areas of your life. If your personal trainer is there for you at the gym, but you work with colleagues that eat doughnuts all day long, you will need to rely on your own will power to get you through 40 hours a week. Find someone at work with a common goal, or at the very least, join an online support group to get you through the ‘tough’ times when you hear a doughnut calling your name. This is especially true at home. You will be more successful if you have family members that support your efforts, so try to elicit their support. It will be much easier to avoid Miss Vickie’s chips if they never end up in your own pantry bought by others sabotaging your efforts.

Find Something That You Love

Not everyone is a runner or enjoys the gym. That’s okay. You need to find an activity that you love and then it won’t feel like a sacrifice to do it. Well, if you love scrap booking, you need to find something else that will help you burn fat, improve cardiovascular response, build a little muscle and improve flexibility. There are as many activities out there as there are people; keep looking until you find something that feels good for you. Sometimes it’s not the activity so much as the social setting that it takes place in. For example, you may not especially like calisthenic type exercise to do on your own, but you may enjoy the camaraderie of a boot camp group and so this setting will work for you. If something hasn’t jumped out at you, keep looking, try different things.

Schedule Your Workouts

No one will have an hour a day magically appear on their day timer. Find a time and pencil it in or it’s likely not going to happen, more pressing things will push your workout out of the way. Schedule in fitness time like you would any other important date.

One Day at a Time

Sometimes it’s best to look at how far you’ve come as opposed to how far you need to go. If you have a large amount of weight to lose, it can be a bit overwhelming to look ahead and see months of deprivation or un-enjoyable workouts ahead. First of all, nutritional changes need to be entire ‘lifestyle’ changes, not a diet that you start and stop; that is if lasting weight loss is your goal (go on to read ‘Cheat a Little’). And secondly, did you read the tip about finding something that you love? In any case, everyone falls

off the wagon on occasion. It's those people that get back on the wagon right away that succeed more readily. Make short term goals and enjoy small celebrations along the way. Treat yourself to a pedicure or some non-food 'treat' when you reach certain milestones. Success comes one day at a time, one meal at a time, one workout at a time.

Cheat a Little

Life without your favorite foods may not seem worth living. Choose a meal once a week to enjoy the foods that you love. There are always things such as holidays, birthdays, anniversaries, dinner out, etc. that could potentially sabotage your nutritional efforts to lose weight. However, if you plan your 'cheat meal' around special occasions, the damage is less. In fact, by having a higher calorie meal once a week, you do a few things to increase your chances of weight loss: you raise your metabolism-your body realizes it's not in starvation mode and doesn't shut down metabolic rate to conserve energy. As well, you get the mental break from counting calories and your spirits are lifted giving you the mental energy to continue with your nutritional program for another week.

Be Realistic

If your desire is to be 'petite' but your body type suggests 'linebacker' then why set yourself up for disappointment and failure? Many people have an 'ideal' body in mind, but realistically there is no way this can be achieved. Work with your body, flaws and all, to be the best you can. Set realistic goals that are achievable. Most importantly, set small goals that you can 'celebrate' along the way that will lead to your larger goal. This way your goals will be attainable and there's nothing that motivates like success.

Shawna Kaminski

By Shawna Kaminski – [Calgary NW Adventure Boot Camp](#)

Shawna is shaking up the fitness routines of several people in her Adventure Boot Camps. For more information, please visit her website.