



5 WAYS TO BOOST YOUR FITNESS MOTIVATION

MOTIVATION CAN BE HARD STARTING OUT, USE THIS GUIDE TO HELP YOURSELF STAY MORE MOTIVATED FOR LONG-TERM SUSTAINABILITY.

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OVERVIEW

While no one food is a magic cure for weight loss, there are certain foods that can help you achieve your weight-loss goals. Most food for a weight loss diet all have one thing in common: they're high in fiber. Include the following foods as part of a healthy overall diet, and you may find it's easier to achieve success.

1. CREATE A MANTRA

Quotes and mantras can help you feel powerful and ready to take on the world. Grab a screenshot of a quote you see on social media that really hits home, repeat a favorite quote in the mirror before you head out for a training session or put on a temporary tattoo of a phrase that you can look at throughout your workout.

2. MAKE A PLAN



Goals can sometimes seem unachievable, so take some time to write 5 main goals down and make a plan to reach each one. This will show you what work you need to put in to reach success. Having a plan can motivate you by meeting smaller milestone goals while working towards your larger, long-term goals. By writing it down, it becomes more real, & more likely for you to get it done.

3. SET AN ALARM

For some, motivation needs a constant reminder. That's OK! Don't sit around waiting for motivation to strike but rather make it happen! Set a daily alarm to lace up your sneakers, do core work or even simply to check in with your training goals. If waking up in the morning is tough, try setting your alarm across the room. That way you have to

4. CONNECT WITH OTHERS



Join a Facebook group, with other athletes / adults with your same athletic interests. Being able to discuss problems, workouts, clothing, and more with others will make you feel more involved. Providing advice or support to others can also boost how you feel about the workouts as

5. TRY SOMETHING NEW

When it feels as though progress has stalled or isn't going great, finding success in other areas can give you a unique challenge to motivate your workout. Do a sport you aren't familiar with, join a recreation basketball or volleyball game or try a different fitness class or home video that you've been interested in testing out.