

Staying Motivated!

Losing steam and not pounds? Virtually any weight loss plan will go smoothly at the beginning but over time, it's very common to start losing that inner spark. How can you re-spark your motivation?

Think wellness, not weight loss!

Making good food choices only when you are trying to lose weight could lead to rebound weight gain if you return to your old habits once you reach your goal. Stay focused on the health benefits rather than the number on the scale!

LIMIT but do not ELIMINATE

Eliminating your favourite foods just makes you crave them more. Allow yourself to indulge in your favourites but find a way to limit intake (frequency/portion) to avoid feelings of deprivation.



Drop the "perfect" mentality

It's ok to slip up or have a moment of weakness but use it as motivation to get back on track rather than an excuse to give up!

Focus on what is going right

Acknowledge the actions you are taking towards your goals while you are doing them rather than becoming discouraged at what you haven't done.

Use your social network!

Post it, tweet it, blog it but put it out there! By sharing your goals online, you may find someone else who shares your goals and can add to your support system.

Choose one or two new, healthy habits to take on

Small, simple changes can help you reap large results. Try drinking a smoothie every morning or carrying a water bottle during the day to stay hydrated! A few small, daily steps can help you stick with changes and avoid feeling overwhelmed.



Get a theme song!

Rocky had a theme song so why can't you? It sounds silly but playing it can really boost your spirits when you are feeling uninspired and help you check back in with your motivation! Look for an upbeat, fast-paced song with lyrics that speak to you.

Do it for FITNESS!

Challenge yourself!

Working towards an event (5K walk/run) keeps you on track.

Don't count the miles

Don't work out solely to burn calories or lose weight. Newfound self-esteem and stress reduction are other positive aspects of being more active.

Get fit, be CONFIDENT

Simply sticking to your fitness program will build your self-confidence and as you attain your goals, your confidence will continue to grow.

Track your progress

Seeing incremental improvements, whether it's improved time, increased reps or greater frequency of workouts can boost your exercise motivation.

Count your blessings

If you are able to move freely and without major pain, physical activity is a blessing. Some people are not so lucky - enjoy it!

Do it for FUN!

Find the fun!

Forget about "no pain, no gain"! Pick an activity you've always loved. The more enjoyable the activity is, the more likely you'll stick with it.

Make it a family affair

Spend time with your family and be active together. You can challenge & support each other to reach your fitness goals!

Dance! Dance! Dance!

Music is a fantastic motivator – make a playlist of high-energy music that you love and working out won't seem like a chore.

Do it for DOLLARS

Drop a loonie in a jar every time you work out and at the end of the month, spend it on a non-food reward!

Do it for the "ME" time

Exercise offers the chance to be alone and have some uninterrupted time to quiet your mind – great for workaholics and/or those with busy family lives!



Resource: www.webmd.com
www.fitsugar.com