

# BREAKING DOWN THE BARRIERS

## GET INSPIRED



Success isn't achieved overnight. It is the result of dedication to hard work and consistent action. Each day presents an opportunity to take the next step, improve, and get closer to your goals. Keeping your fitness goals on track can be difficult. Good intentions are great, but sometimes a busy schedule, life circumstances, and a lack of motivation can get you down. Motivation and inspiration are the keys to starting and maintaining a healthy lifestyle.

When the goal seems overwhelming, it can help to hear about someone who has achieved success. When you think you are too old, too tired, or too busy, it can be inspiring to know how others broke down their barriers and reached their goals. Get inspired, get motivated, and get moving.

***"You don't have to be great to start, but you have to start to be great."***

*– Zig Ziglar*



*Busy and exhausting. That is how I described my life. I am a wife, a mom of four, and I have a full-time career. I knew it was time for a change when our vacation to Disneyland in 2016 had me so exhausted that I had to cut our trip short. I wasn't physically active. I got the idea stuck in my head: if I couldn't go to the gym, then I had an excuse not to exercise. I was wrong. A friend of mine gave me some ideas on how I could get active in my daily routine. I slowly got rid of processed foods and created opportunities to practice healthy habits. I started small by simply cutting soda out of my diet and walking with the kids to school. They seemed so small. How could these simple changes get me to my weight loss goal? They didn't, but a culmination of things over a year did! Starting small and viewing my lifestyle changes like building blocks completely changed my outlook on "working out" and also changed my family. My kids make healthier choices and I lost 25lbs. I rewarded myself and my family with a trip back to Disneyland so that I could capture the memory of enjoying a trip of a lifetime – healthy, happy, and fit! - Julie*

Julie's testimonial is inspiring. Her story reminds us that when we reach a breaking point and we find our motivation, we can achieve our goals. She felt stuck for many years, unable to move past some limiting beliefs, and the end goal felt out of reach. The process of moving from inspiration to achieving can be a daunting one. You see the end goal, but at times, it can feel overwhelming and you wonder how you will ever get there when progress seems so minimal. Lack of confidence and vision can make you want to give up. Success lies in being inspired along the way. Surrounding yourself with sources of inspiration like Julie's story can help you keep your eye on the prize and actively engage in goal setting to achieve it.

# BREAKING DOWN THE BARRIERS

## GET INSPIRED

### 3 Easy Ways to Get Inspired

**Testimonials and Stories.** Look to friends and family or other trusted sources for real-life testimonials of challenges overcome and goals achieved, and methods they found successful for breaking down the barriers. Making a personal connection can lift your spirits, keep you positive and push you to keep going. Just in case you need another:

*Sudha Chandran, an accomplished university student had her right leg amputated and was given an artificial leg. Despite her disability, she became an accomplished, award-winning dancer in India and performed in international dance shows.*

Sudha's amputation was a barrier to her dreams and ambitions to be an accomplished dancer and actress. How can you use Sudha's story to inspire you to get active?



**Affirmations.** Positive affirmations are a simple but effective tool in helping to create an inspired and motivated mindset. Studies show that affirmations actually change the brain on a cellular level! Thoughts become organized into patterns. Changing your thoughts can change your pattern of limiting beliefs and rewire new ones.



**Media.** Today's media-driven world can be a blessing or a curse. We have tools at our fingertips to encourage success, and yet those same tools can lead us down a path of misinformation and self-criticism. When used appropriately, however, media can be a powerful influence of inspiration.



- A favourite music playlist can get you off the couch and onto the road for a quick jog or through an otherwise mundane treadmill session. A great podcast may convince you to extend your evening walk with the dogs.
- Fitness apps come in many forms, making it easy to find what inspires you. Stories of trial and triumph, goal setting, or numbers tracking. Find what works for you. There's an app for that!
- Social media can be helpful when used in a positive way. Follow accounts that deliver positive messages, real-life success stories, or easily achievable workouts. Join a fitness-based Facebook group to ask questions, comment on articles, or to ask for advice and accountability.

# BREAKING DOWN THE BARRIERS

## GET INSPIRED

Feeling inspired, but not sure how to make it stick?

### YOU CAN DO THIS!

- 1) Make it a habit.** It takes 21 consecutive days to make a habit, either good or bad. Set a schedule and stick to it.
- 2) Find a friend** to work out with, as long as she is as motivated as you are.
- 3) Be consistent** and gradually improve. An effort to make steady, continuous improvement is much better than an all-out burst followed by a month of inactivity.
- 4) Appreciate all of your accomplishments.** Being able to perform 6 push-ups when you could only do 4 is a big deal. Small increases continuously make for long-lasting gains.
- 5) Listen to your body.** Remember to rest in between heavy workouts and give your body time to replenish and restore.



### TAKE ACTION...

Don't wait for a perfect schedule or a new pair of shoes. You can achieve a high level of physical fitness by performing as little as 10-15 minutes of PURPOSEFUL exercise each day. Start where you are! The biggest risk you will take is doing nothing at all.

### TAKE AWAY...

It is about improving YOUR fitness. Don't worry about what others might be doing or not doing. Be your own inspiration!

Sources: <http://helpguide.org>  
<http://www.medicalnewstoday.com/>  
[https://en.wikipedia.org/wiki/Sudha\\_Chandran](https://en.wikipedia.org/wiki/Sudha_Chandran)  
<https://www.npr.org/templates/story/story.php?storyId=104310443?storyId=104310443>