

Exercise Motivation Tips to Jumpstart Your Workouts

Exercise and workout motivation comes from seeing results. Exercise motivation and weight loss comes from setting weight loss goals, sticking to them, and watching scale numbers shrink. These exercise motivation tips from *Lose the Lies Lose the Weight* will give you the motivation you need to get in great shape.

Make exercise your top priority

Plan each day around your workout. Instead of trying to exercise as little as possible, plan your day to include up to 60 minutes of exercise. After working out, you'll feel alert and energetic. When you exercise regularly, your energy level will soar. A higher energy level will lead to exercise motivation and diet success.

To get in shape, think positively about exercise

When you think positively about an activity, it makes that activity infinitely easier to do. Take another look at the cover of *Lose the Lies, Lose the Weight*, <http://www.losethelieslosetheweight.com>. The author's fitness is a result of having a positive attitude toward exercise! Think these thoughts: "I feel better when I exercise. I'm getting closer to my fitness goal every day. I'm taking control of my health."

Develop the mindset of a champion

How do you suppose elite athletes train for competitions? Do you think they only workout once or twice a week? Do you think they skip workouts when they don't feel like exercising? Champions have one goal—winning! Champions don't give up. Think like a champion!

Set goals

Winners at weight loss set specific, realistic, and obtainable goals. List your long-term, monthly, and weekly weight loss goals. For example: I will lose 40 pounds. I will lose 8 pounds per month. I will lose 2 pounds per week. I will exercise 5 days per week. I will exercise 30-60 minutes per day. Obtaining your weekly weight loss goal will motivate you to work toward your monthly and long-term goal.

Get support

Join a health club. Hire a certified personal trainer to teach you the body shaping exercises in *Lose the Lies, Lose the Weight*. Choose a personal trainer over working out with a friend. Paid professionals will be there to workout at a designated time. Consistent workouts lead to results, which in turn leads to more exercise motivation.

Take 10

On those days when you absolutely do not want to workout, decide you'll just do 10 minutes. Once you begin your workout, you'll want to do more. Telling yourself you're only going to do 10 minutes will make it easier to start your workout.

Reward yourself along the way

Don't wait until you get to your ideal weight to reward yourself. Do something special every time you lose 5 pounds. Treat yourself to a massage, new clothes, golf, a special night out, or a weekend getaway. Plan a trip to celebrate your future weight loss victory.

Think of exercise as an exciting challenge

The battle rages between your determined self and your lazy self. Never give into your lazy self when it wants to skip workouts. Listen to your determined self and drive to the health club. Affirm hundreds of times daily, "I will win. I will win. I will win." It won't take long before your lazy self realizes it will lose.

Focus on the immediate benefits of exercise

Exercise steadily improves your health and appearance. Exercise relieves stress, improves your strength, energy level, and attitude almost immediately. Taking time to exercise means you'll eliminate the guilt from not doing it. It won't be long before your clothes will fit better and you'll feel lighter on your feet.

Be patient with your weight loss goal

If you think you're not losing weight fast enough, think, "I'd rather lose 4 to 8 pounds per month than gain 4 to 8 per month!" Losing 4 to 8 pounds per month equals 48 to 96 pounds lost per year! Relentless determination, persistence, and patience will lead to weight loss success.

About the Author

Laurie Bell, BS is a two-time bodybuilding champion, health club owner, 42 year old mother, fitness lifestyle expert, and the author of Lose the Lies, Lose the Weight, a comprehensive resource covering weight loss motivation, fitness, nutrition, and body shaping workouts. For everything you need to lose weight, tone, firm, and sculpt your body, read Lose the Lies Lose the Weight by Laurie Bell. No hype. No fad diets. No excuses.

To order Lose the Lies Lose the Weight, visit <http://www.losethelieslosetheweight.com> or phone Back to the Basics Publishing at (800) 750-8820 and order by VISA or MasterCard.

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