

How To Increase Your  
Motivation to Exercise  
In Seven Simple Steps

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# How to Increase Your Motivation to Exercise In Seven Simple Steps

This guide is going to be *short* and *to the point*.

It's a practical guide which requires you to **take action**. You are never going to increase your motivation if you don't do anything. So when you go through these 7 tips, **actually put them to use!**

Many of us want to lose our love handles, get rid of our belly fat, tone up, and simply just get in better shape. I hope to provide you with some tips to increase your exercise motivation in order to reach these goals instead of just fantasizing about a better body.

Much of the feedback I hear when it comes to why an individual isn't losing weight is because they struggle with finding the motivation to start their exercise program or to stay consistently motivated with their current program. They're too tired. They don't have enough time. They don't feel well. You know what I say to all that? Those are just excuses.

A little harsh? Maybe. A lot of truth? Yes!

I hope to provide you with some guidance and advice to ensure that you *start* motivated, *stay* motivated, and ultimately follow through with your goals, and **get in shape**.

To go from where you are now to where you want to be...



...doesn't happen while you are sitting around in front of the television eating cheetos!

So what can you do in order to give yourself a kick in the rear and fire up your motivation?

*Let's jump right into the 7 tips!*

### 1. Define and write down your 'Power Statement.'

Goal setting is important. We all know that, but not everyone actually *does* it. But it is an important first step of the process. Think of the *reason why* you want to get in shape. Is it to build your confidence? Attract a mate? Or just to improve your health? Go back to the basics and really dig deep.

Once you have your reason for why you want to get in shape, start thinking of the end result and the benefits this will bring. What will happen when you become more confident? What will happen when you become more attractive?

What will happen when you are now in the best shape of your life? Just doing a little day dreaming should start to get you excited.

Once you have done this, grab a pen and paper {or maybe just pull up a blank Word document}, and write down the following sentence and fill in the blanks. This will be your *power statement*.

"I am motivated and energized to exercise because I want to '*insert reason why*' which will result in '*insert what will happen when this is achieved.*'"

## 2. Read your Power Statement Daily

Continuing on from point one, read your power statement daily. Once you have written it down (if you haven't done it yet, **do it now!**) put it next to your bed where you will see it each morning and each evening. You could put it in multiple places. On your bathroom mirror. On your fridge. In your car. The point is that you want to be constantly reminded of your goal.

Each morning and each evening read your power statement to yourself over and over several times. Say it out loud as well as in your head. Bring the statement to life. Feel the enthusiasm for wanting the end goal. Feel the energy you have behind your *reason why*. You will soon find yourself getting fired up.

This may feel a little silly at first, but give it a try over a few days. It **does** work, and it **will** increase your desire to get started on achieving your ideal body.

## 3. Get Organized

You have your power statement in mind. You've been surrounding yourself with it. You are starting to buzz with enthusiasm and are really into the idea of starting an exercise program. But you are not a member of a gym.

If you intend on exercising at a gym, join one. If you wish to swim several times

a week to get in shape, get a membership at your local rec center. If you intend to run outdoors, get yourself some running gear.

If you don't have these basic things in place, regardless of how motivated and revved up you are for getting in shape, you have an extra barrier to exercising that needs to be dealt with before you can move forward. You are at a stand-still until this step is completed. You will not reach your fitness goals until you have figured this out!

This may be obvious to you, but for some people, the obvious needs to be pointed out.

#### 4. Have a Plan

So you want to lose weight, or build muscle, or tone up. That's great news! So what are you going to do now? Where do you start? What do you do? Should you go to the gym? What should you do once you get there?

Fail to plan, plan to fail. Ever heard that before? Good, because this also applies to getting in shape. If you don't have a plan, you'll aimlessly do a bunch of random exercises that aren't geared towards your goal and you won't get the results you are hoping for.

You will then become discouraged and soon stop exercising. Not a good thing.

You need **two** plans. One for your exercise routine and one for your diet. Exercise and diet are like a peanut butter sandwich. To get your ideal body as quickly as possible, you need both the peanut butter and the bread in order to create the complete sandwich. With just bread, all you have is.. well, bread. And just PB... yup, you guessed it. You're left with just a spoonful of peanut butter. You need both exercise and diet in order to get the complete results you're looking for. Otherwise, you're just going to end up with a *portion* of the results.

Get a plan for your diet, and get a plan for your exercise routine. I'm not going to delve into diet right now – [that is another monster for another day](#). All I can

say to get you going is 'moderation'. That is the diet key.

As for your exercise plan, do some research. [Look online](#). [Check out Pinterest](#). Talk with a friend or even a personal trainer. Look at some books. Whatever you do, get something in place. I like to have a notebook that has everything outlined that I want to do while I'm at the gym. That way I'm not just standing around trying to decide what to do next.

I've also found that it's also a good idea to try and exercise around the same time every day. That way, your body and mind gets accustomed to a certain rhythm every day. When that set time comes around, you will eventually just be in the habit of getting ready and working out at that time.

Once you have your diet and exercise plans, you have all you need to succeed. This reassurance alone will give you more *confidence* and *enthusiasm* to follow through.

## 5. Stop Procrastinating

I'll do it later... I'll do it tomorrow... I'll do it next week...

Sound familiar? It probably does, because I'm guessing this is a big hurdle you have tried to overcome numerous times in your quest for increasing your motivation to exercise.

To combat this, try this little technique -

For example, your routine (that you put in to place in Step 4) may state that you should be exercising Monday, Wednesday, and Friday. Now, if Monday is your next workout session, just **bluntly** say to yourself - "on Monday I'm going to the gym." Be **strong** in your statement. **Make the decision** that on Monday, you **are** going to the gym. There's no 'maybe' – You are firmly telling yourself that on Monday you are going to the gym.

Now you are committed to going to the gym on Monday.

What usually happens now is that as Monday gets closer, you will *magically* find reasons and excuses why you can't go. Maybe you have to finish a report at work or rush to the grocery store to pick a few things up for dinner.

Before you even begin to justify to yourself why you *can't* make it to the gym, tell that little (or sometimes big) voice to **shut up!** You've already committed to going. The report can wait. And you can run to the store after your workout.

Don't listen to any excuses that you may start to tell yourself. Excuses are for losers and quitters. **You, my friend, are going to get in the best shape of your life.** So that's Monday's workout – done! Now do the process all over again for Wednesday's workout.

I know – it's exhausting. But I promise you it gets easier and easier the more you talk yourself into it. It'll become more of a habit that you won't even need to talk yourself into getting your workout complete. A habit takes 21-30 days to stick, and after that point, it becomes part of your lifestyle.

## 6. Get Support

Talk to people about your exercise routine. Share your goal with friends and family. Post it on Facebook and Twitter. Tell everyone why it's important to you that you achieve it.

In 99.9% of occasions, you will receive words of encouragement in reply. This little boost may be all you need to help you stay on track. But make sure you only talk to **positive and supportive** people about your exercise program. Discussing it with a negative person can obviously have the opposite effect.

This is another ridiculously simple technique that people generally don't put to use. Give your friend a call tonight and tell them how excited and enthusiastic you are about hitting your fitness goals. You could even read them your power statement:

“Hey best friend, I've got this new exercise routine I'm following, and I'm feeling so motivated and energized to exercise. I want to insert reason why, which will result in insert what will happen when this is achieved.”

Once you tell someone what your exciting plans are, you will be a lot less likely to go back on your word. They will most likely ask you how your first day of exercise went. Do you really want to tell them you ended up not going because you were too tired? After all that excitement from the evening before when you told them of your plans, do you really want to let them, and yourself, down?

Be accountable to somebody. Let them know your goals.

## 7. Take Baby Steps

Losing weight is a common exercise goal, and it's not one that is so easily achieved. If you want to lose 25 pounds, this won't happen overnight. Having a large goal in front of us often seems *too big* to tackle, which ultimately begins to make us feel discouraged and demotivated before we've even begun.

So you need to break it down a bit. Take baby steps. If you have taken the advice from Step 4, you already have your exercise program in place. (If you don't, get it in place ASAP so you can start taking action!) Now break it down into smaller chunks. Firstly, aim to complete your first week in the gym. Heck, let's start with just your first day! Next, just focus on day two.

If you want to look at it in amount of weight you have lost (which I don't necessarily suggest), just start with the first five pounds. That is a number that is much easier to manage. Or maybe your goal is to be able to run for 30 minutes straight. If you're anything like me, you will probably have to start at 1-3 minute intervals at first before working up to 30 minutes. So maybe you could make your first 'baby step' goal to be able to run for 5 minutes straight, working up to your ultimate goal slowly.

The point is, take your complete goal from step one and break it up into much



smaller goals that seem easier to achieve in the near future. Your larger goal then doesn't seem as *'impossible'*. You **will** achieve your weight loss or overall fitness goal without really thinking about it, by just taking baby steps.

*And there you have it...*

## 7 Tips To Increase Your Exercise Motivation!

### **Now is the Time to Take Action!**

Put these tips and techniques to use for your exercise motivation, and see what they can do for you. You will be very surprised with how these simple techniques can help to keep you motivated, driven, and enthusiastic about exercise. You are on your way to obtaining your ideal body.

Other than providing motivation such as this report, I focus on providing informative articles on [health](#), fitness, and [diet](#) (or more specifically, the lack there-of). I also provide some [healthy](#) ([and some not so healthy](#)) recipes that should kick start you in the direction of making some healthy choices in your life.

If you are serious about making a change in your current fitness situation, follow these few tips, and expect to see some changes. If you are still having a hard time getting yourself up and out of a slump, please feel free to contact me and we'll have a little chat and see where the hang-up is. You have several options.

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And don't forget to visit my website often for advise, motivation, recipes, and more.

<http://www.happyfoodhealthylife.com>

*Holly currently lives in Salt Lake City, Utah but is originally from the rural state of Indiana. She has lived in Utah for over ten years but believes it is her destiny to end up in Seattle, Washington. Holly is a wife to her best friend and a mom to one handsome little boy.*

*After battling eating disorders and poor relationships with food for 14 years, she is finally healthy and happy. Holly finds joy in helping others who are struggling with dieting, eating disorders, motivation, and all-over well being. The concept of helping others truly enjoy a life without worrying about food and dieting is where [happyfoodhealthylife.com](http://happyfoodhealthylife.com) began.*