

Fitness the Goddess Way: Getting Started

How many times have you made yourself feel badly for not getting off your behind to exercise? How many times have you started an exercise regime only to get off track, bored or uninspired a few weeks into it? It's time to turn yourself ON to exercise and movement. There's only one catch: You'll have to give up being really hard on yourself. Some of you may not be ready for it. Eventually it gets old, or you do, and in either case then you're ready to give it up. I truly encourage you to start now. For the enterprising goddess, I have a special invitation. An idea that will help you fall in love with exercise. The First Step You must change your language so those old associations to exercise don't pop up and bite you in the bum. Don't call it exercise – call it moving your body. Much easier to turn yourself on to THAT, n'est pas? (If you're just joining us, check out my article on "movement vs. exercise.") Getting Started Create your own delicious menu of non-food activities that has you moving your body. Describe your choices, so that they are naturally attractive, just a like a fine menu in a restaurant. Include 5 minute activities (appetizers), such as dancing to your favorite song to one hour walks (entrees) or weight training. Whatever feels good to you. Take an inventory of your exercise videos, exercise equipment and creative ways you can move your body, both at home or at the office. Write them down (see examples below) and the next time you need a break, want to move, choose something from your menu. You'll never be bored! In my experience, if you have an inspiring menu of options for movement ready and easily in view (like your refrigerator), you are far more likely to get moving. Think about it, it's harder to figure out what you'll do for movement on any given day, because you and I both know, it all depends on your mood, stress level and energy. However, if you have a menu of options for a variety of moods and desired results, you'll always have something to choose, and you will less likely get off track. Here are some examples from my Movement Menu: Pick a Favorite Yoga Video – perfect for when you need to calm down, get grounded and feel strong. Pick a 20 minute video, Living Arts Series are great. Do it now. The Five Minute Power Walk - when all you have is five minutes... great at the office, around the block, up and down a flight of stairs; great for dealing with an upset... do this a few times a day and you've done a lot! Guaranteed to have you feeling energized in five minutes. The key is to walk briskly. Take a Class - when you have the time, need inspiration, a body make-over feeling and energy from being with others. (I keep schedules of my nearby classes at local gyms and fitness centers) Take a Lesson - Sometimes you need someone to get you back on track. Call your favorite personal trainer, yoga teacher or inspiring friend and schedule a workout session with them. Works like a charm. You could have as many as 15 movement options on your menu and as little as 5. The key is to leave this in plain view and refer to it often. This tool completely relieves you of coming up with ideas when you need them most. Instead, you'll have them laid out and ready to inspire you.

About the Author

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