

Motivation & Drive for Exercise

How to get started AND keep going...

Distinguishing between the two provides a framework for making a long lasting commitment to exercise. Motivation is something you strive for, it is a conscious attempt. Therein lies the problem, you have to think about it and since thoughts are fickle so is motivation. However drive on the other hand is something you don't have to work at, you just naturally gravitate towards it. When you are driven you cannot help but go for it. So the obvious question is...

How do you develop Drive?

Get in touch with your emotional brain - this is the limbic system researchers have found that is not only responsible for our drive but also our feelings. In fact biomedical textbooks now refer to the limbic system as the emotional brain and if it is positively stimulated you become driven; if not you don't budge.

The bottom line is that to experience long lasting behaviour change you need to get emotional about it. Write down all the positive feelings you will experience when you follow through on a health and well being programme. Next, record all the negative emotions you will experience if you don't follow through. Remember the greater the emotional intensity the more you are driven. Generally the more painful thoughts are the more powerful movers.

Believe and Achieve

Feelings are important in determining our drive, but what determines the way we feel about something is our beliefs. Identifying the beliefs that drive our behaviour can take some digging, but it is well worth the effort. Sometimes people hold a core belief that they will always be fat and unfit but they are not consciously aware of it.

Exposing the beliefs that do not empower us and replacing them with ones that do, is a crucial step towards prompting our limbic system into action and developing a drive for exercise and well being.

The secret to following through and achieving your health and fitness goals lies in being not only **motivated** but **driven**. Only by feeling the benefits will you be transformed from a couch potato into someone who values regular exercise for their health and well-being.

Source: Nola McLean



The Next Step

There is one step missing between believe and achieve – ACTION!

Once you know WHAT you want to achieve we can help you with the HOW.

Your Steps to Action:

- Call us to book a time to look around our fabulous facilities
- Come on in and have a chat with one of our friendly team about all the services that come with your membership
- Complete the paperwork for the pricing plan that suits your needs
- Have your Consultation with one of our excellent trainers to determine your starting point and your plan for success
- Learn at your Tutorials about how to use all the equipment you will be using on your journey to the new YOU
- Review your progress regularly to ensure you are still feeling driven

Our goal is for you to live a healthy lifestyle and be fit to enjoy your life – we are here to help you get there!

