**Making exercise part of your lifestyle**

We all have our own reasons to not carry out exercise. Ask yourself the question – is it a reason or an excuse?

**MOTIVATION** – it’s one of the hardest things to master when it comes to fitness.

**TIME** - finding the time to fit exercise into your routine can be difficult.

**CONFIDENCE** – shying away from attending the gym or classes is very common.

**HEALTH** – medical problems can be a huge prevention to exercise.

**FINANCES** – money can hold people back from signing up to exercise – there are alternatives to being active.

All of these reasons plus many more are why numerous people in the world do not commit to introducing exercise into their lives or cannot maintain it. We each have our own lives and problems going on, and in today’s world everyone is constantly busy with their schedules with studying, work, children, caring commitments and so on.



When it comes to **motivation** – we all have moments where we struggle with it. Even the fittest in the industry have days where it crosses their minds when they just cannot be bothered with their workout. But I am confident when I tell you – you WILL feel better once you’ve done it. The days where you think you can’t do it – **do not OVERTHINK – just do it.** Don’t let your mind persuade you to skip it. Exercise releases endorphins – known as “feel good hormones.” It is one of the most common forms of medication for various illnesses, conditions, injuries etc. However – don’t forget we all deserve a rest – **rest days are just as important as our workout days.**

I can understand that some people simply may have commitments that leave them with very little **time** or exhausted. There are alternatives to attending the gym – you can work out from home with minimal equipment required or outdoors, sometimes fitting this in may be more convenient as opposed to travelling to the gym. You can find home workouts on my pages and plenty of others online. However, it may be worth considering fitting in your work out before work, after work, during your lunch break, evenings after you’ve put the kids to bed. Whatever suits your schedule – **sometimes you have to push yourself that extra step to benefit your health** – and I promise you’ll feel good for it.



I have received so many messages from people saying they would love to attend the gym, personal training sessions or my classes but they are too **nervous** about going into a gym. I have had many clients who started off like this and were afraid to even send me a message. Now they are so **happy, confident and are learning to love themselves and be body positive**. If you’re reading this – you have already taken the first step. So – reach out today and you will not regret it. **“Get Fit, Feel Good.”**

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**HEALTH**. There are countless amounts of illnesses, conditions and injuries that can prevent people from exercising. I can totally sympathise with this – but sometimes it may be worth getting advice from your health professional to find out what exercise you can actually do. You may think you’re not able to do any activity, and you may be right – but it’s worth seeking advice to find out. Even light exercise at a low intensity is better than being totally inactive. **There is usually something you can find to suit you and your current state. Don’t totally exclude it until you know for definite.**

**Money** is one of the most common stressors in life and I understand that having a personal trainer can be costly. However, **there are alternatives** – some gym memberships are reasonable - have a look into it to see if it works out cheaper to pay monthly or perhaps pay for a day pass a couple of times per week, or attend a couple of classes. If it isn’t an option for you in your current lifestyle, working out from home or outside as previously mentioned - is free.