

Getting on Track to Forming Healthy Habits

Are you ready to start to create healthy habits? Do you find yourself wanting to get in shape and eat healthier but in the end, it just turns out to be more of an unrealistic dream? Sitting down and really thinking about the barriers that may keep you from achieving your goals and using some tools to help you get there can be beneficial. Time and motivation are the barriers that are most common when talking with my clients. Let's have a look at some strategies that can be used to help create time and motivation.

Time



One of the most common reasons that people talk about getting into healthier habits but don't act on their intentions is because of their lack of time. Sitting down and putting some thought into exactly why you want to create new habits can be a great tool for making your health a priority. Try writing

down a list of the positives. Dig deep and really think about why you deserve to make time for your health. From there you can write down some of the excuses you have made in the past that have kept you from making time. Can these excuses be squashed with real solutions? Can you order groceries online and pick them up after a workout? Are you able to find time during your lunch hour for a workout and eat at your desk while working? Another tool that can be used is writing a contract to yourself with the statement "I will reserve X amount of time each week for my health". It is important to keep it to a realistic amount of time that won't make you feel overloaded, especially in the beginning. Even 15 mins a day 3 times a week can help you to create a new habit. Once you have decided to allow yourself the time you can start thinking about how to stay the motivated.

Motivation



Set yourself up for success by planning some strategies that can help keep you motivated. Sleep, nutrition, and adequate hydration are invaluable for the energy it takes to exercise. It's much easier to sluff off your agenda when you are sluggish. Try

to make and stick to a proper sleep schedule. Also, having a belly full of nutritious foods will help energize you. Write a shopping list full of nutritious foods that you enjoy eating. Educate yourself. Look for recipes. Read some nutrition articles. Even if at first the time it takes to do the homework keeps you away from exercise it will help long term. Better yet, listen to podcasts or audio books about nutrition while on a piece of cardio equipment or lifting some weights.

Another downfall for some people when it comes to staying motivated is overdoing it. Choose consistency over intensity when starting new routines. If you are getting back to exercise after a significant amount of time away, starting at 50% of what you did in the past. Keeping your workouts pleasant to start with can be helpful as well. The point is to make working out a part of your routine even if it's for just 15 mins a day.

Finding a workout buddy can also be very helpful. Workout buddies are great for both support and accountability. Team up on collecting healthy nutrition and recipe books and articles. Show your workout buddy gratitude and compliment on how great they are doing at staying accountable. Acknowledging each other's accomplishments as well as their help can be so beneficial for helping to stay motivated.

Habits



Once you have spent enough time creating healthy routines, try to stick to them for one month. It has been said that if you stick to something for one month you are more likely to form a habit. The most wonderful thing about habits is that they become something you just do without even considering it. All the time, thought, and effort you put in to getting started can help you to achieve your end goal!

You should be proud of all that you accomplished on your own but if you need professional assistance with designing an exercise program and accountability consider booking a few sessions with a Curtis Health Personal Trainer. Need guidance and specific help with your nutrition plan to reach your goals? Consider 2 or 3 sessions with our Registered Holistic Nutritionist. Contact personaltraining@curtishealth.com for more information.