Motivation Challenge – 30 Days

It has been 6 months since COVID-19 entered our lives and changed a lot of how we work and play. The number one thing members, friends and personal training clients have been asking me help with is, motivation. There has been a lot of joking about gaining weight (the COVID-15 pounds) especially in the first 3 months when people thought this was a short-term situation. It is time to accept that TODAY is real and take charge of your health and fitness. Why not use the next 3 months to make small changes each month towards a healthier you?

1. Identify the goal

What is bothering you? Have you gained weight? Don't sleep well? Feel stressed? Lost your flexibility because you sit all day? Only exercise once a week? This first decision is important because it is personal and needs to fit your situation. Most people are too vague or too unrealistic and say things like, " I am going to get in shape" or " I am going to eat healthy everyday, go to sleep at 10pm, train for a marathon, and fit in to all my clothes". Start with just ONE goal.

Example: I want to wear my black jeans, zipped up comfortably in 30 days

2. Set the timeline

Pick only one or two items to focus on for 30 days, even better for one calendar month. Let's give thanks (Thanksgiving) for our health today and move forward to taking better care of ourselves. Track your progress! Use your phone calendar.

3. Make a specific plan

Like a vacation, you don't just wake up one day and go to the airport to travel to Africa. There are steps to make: Visas, vaccinations, budgeting, research, booking tours etc. What does your success at the end of 30 days look like?

- **Look better** – take before and after photos
- **Fit Clothes** – try on tight clothes on day1 and once a week
- **More Energy** – this is harder to gauge but you could use a scale of 1 to 10 weekly or even daily
- **Less Stress** – try a daily meditation practice
- **Eat better** – cut snacks at night, meal prep, see a nutritionist (we have Registered Holistic Nutritionists that do virtual sessions)

4. Get Support

- Get a friend, co-worker, or family member to join your 30-day challenge with their own goal(s)
- Book a virtual personal training session, personaltraining@curtishealth.com
- Email your Curtis Health Fitness Coordinator at your site (even if it is closed) such as crestwoodfitness@curtishealth.com

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