

# Get motivated!

*Coach Marie Murphy's tips to motivate you in 2004*

Photo: Pat Murphy, Sportsfile



- ◆ Setting a goal gives us focus and keeps us moving in the direction we choose.
- ◆ Focus your mind to the task at hand and stick with it.
- ◆ Make a plan that is achievable in a time frame that will allow success.
- ◆ Remember that failing to plan is planning to fail.
- ◆ When you exercise, the benefits keep working on you all day.
- ◆ You may not feel like every workout, but you'll be glad you did every workout.
- ◆ If it hurts, stop – 'no pain no gain' is only a myth.
- ◆ Every workout counts; no matter how small, you make a difference to your mind and body.
- ◆ No nutritional supplements or drugs can counteract the effects of a poor diet and lack of exercise.
- ◆ When you eat the right food for your body, your body will respond well for you.
- ◆ Remember - you fuel today for the workout tomorrow.
- ◆ Keep a record of your exercise; look back at what you have accomplished.
- ◆ If progress is slow at first, don't panic, rest assured the rewards are coming.
- ◆ Don't train if you are ill - give your body a chance to recover.
- ◆ The higher your workout intensity, the longer you should spend pre-stretching.
- ◆ Keep hydrated at all times; muscle contraction depends on it.
- ◆ Taking small steps makes for lasting steps - a little a lot is better than a lot a little.
- ◆ There are no short-cuts; if you don't know how you got it, you won't know how to keep it.



- ◆ Don't allow more than four hours to go by without eating, or your metabolism and energy will decline.
- ◆ Make sure you get adequate rest – re-building and recovery takes place while you sleep.
- ◆ Be flexible with yourself if you are tired; bend a little with your schedule.
- ◆ Weight training: don't train the same muscles over two days, recovery takes 48 hours.
- ◆ Intensity levels should change every 3-4 weeks, as you adapt to a given stress load.
- ◆ Effective workouts require you to eat right; carbohydrates before workouts, protein after workouts and water throughout the day.
- ◆ Set fitness goals for your own reasons and not someone else's.
- ◆ Don't become obsessed by your weight; improving your health and becoming more active is the real goal.
- ◆ Think about your technique; good form is energy conserved.
- ◆ Go for variety: use cardiovascular machines and classes to minimize boredom.
- ◆ Use positive self talk- always talk yourself up. Use words like; I' can, I will, I have.'
- ◆ Don't train hard on consecutive days; alternate the intensity of your workouts.
- ◆ What you look like today is due to what you were doing 10 years ago; today you're working on how you will look in 2013.