

W.O.W.

WAC ON WELLNESS

GETTING MOTIVATED AND STAYING MOTIVATED

Following a diet and exercise plan can be a daunting task but doesn't have to be. Here are 3 ways you can get motivated and stay motivated to live a healthier life:

1) IDENTIFY YOUR "LEAD DOMINO"

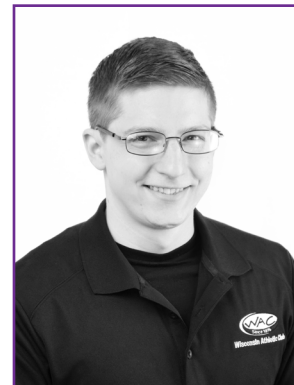
a. What healthy lifestyle change, if implemented, will make nearly every aspect of your life better? For many people we know what we should be doing but we just aren't doing it for a number of reasons. If you sit down and decide the #1 most important goal then you'll be able to put all your energy into one thing instead of trying to do everything at once. Some examples are working out consistently, going to bed on time, meditating daily, or making half your plate vegetables.

2) START SMALL AND GET EARLY WINS

a. You can have an awesome diet and exercise program but without actually doing something you'll get nowhere fast. Over-analyzing leads to procrastination and procrastination goes from an off-day to an off-week to an off-year. A great way to prevent this is to build momentum early on through seeing progress. Your goal might be losing a certain amount of weight but if you don't see significant progress on your goal it's hard to get going. Breakdown the benefits you'll see from a better diet and exercise program and you'll notice early wins like the stairs being easier, feeling more rested when you wake up, feeling a little less stressed after a workout, or choosing to drink water with dinner.

3) TRACK YOUR STREAK

a. Looking at your goal and working towards it is great but it's not always the best motivation. People are more likely to fight to keep what they already have than they are to fight for something they've never had. Use this to your advantage by tracking a new healthy choice each day. One small healthy choice may not have a huge impact on your health and fitness but 365 new healthy choices will make a significant difference. Here are some examples of what those healthy choices can be:



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Sunday ✓	Monday ✓	Tuesday ✓	Wednesday ✓	Thursday ✓	Friday ✓	Saturday ✓
Walked outside at the new park	Finished an entire bottle of water at work	Ate strawberries instead of fruit-snacks	Tried a new fitness class at the WAC	Did an extra mile of cardio today	15min meditation before bed	Met with a Wellness Coach



Wisconsin Athletic Club

FIND YOUR FIT.

www.thewac.com/wow