

25 Best tips to get motivated

We all need a motivational boost to keep on target with food and fitness. And some of us need a nudge to get started again. That's why I've selected 25 of the best ways to get motivated below. Choose ways that will work for you and make these motivators real this week. You'll be amazed how it works.

1. **Team up** – Recruit family or friends to join you. When your motivation dips, theirs pulls you through.
2. **Say it on social media** – Share your fitness targets on Facebook. Publically proclaiming your exercise targets helps you follow through.
3. **Picture it on your fridge** – Stick a picture of who you want to look like or the dress you want to wear as a daily visual reminder.
4. **Talk fit & healthy** – Increase positive self-talk about eating and exercise. When you hear a negative voice in your head, press 'Delete'.
5. **Get new gear** – Fresh gym clothes or running shoes feel good and make you want to use them.
6. **Get a trainer** – Engage a Personal Trainer for at least one month to push you when you need it to build the exercise habit.
7. **Join a class** – Sign up for a gym class or outdoor group fitness. Exercising with likeminded people is contagious.
8. **Renovate your menu** – Try new recipes, meals and snacks to add fresh flavours to your diet.
9. **Farewell the sluggish you** – Think for a minute how sluggish and low on energy you feel when you don't eat well or exercise.
10. **Enter an event** – A charity fun-run, swim, cycle or triathlon sets you a deadline to be fit.
11. **Set digital reminders** – Set a daily alarm on your phone, computer or app with your personal motivational message, e.g. eat well today!
12. **Use an app** – Track your results with a smartphone app like RunKeeper for instant feedback on your efforts and progress.



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13. **Prepare the night before** – Get your lunch ready and pack your fitness bag. It's a heads-start on tomorrow's success.
14. **Predict an active retirement** – See yourself still fit and active into your 60, 70s or 80s. Playing with grandkids, exploring, enjoying.
15. **Don't be perfect** – Be consistent instead of being perfect. Accept slip-ups as small detours rather than snowballing into major set-backs.
16. **Celebrate daily targets** – Enjoy each day you've achieved small goals, e.g. eating 2 pieces of fruit or burning 500 Cal in a workout.
17. **Press your reset button** – Been lazy and eating crap? Start a new day by pressing your bad habit reset button. Start fresh.
18. **Say you deserve it** – Make a deal with yourself that you deserve to be fit, healthy and strong.
19. **See yourself successful** – Positive visualization works for you as it does for athletes. Rehearse eating well in your head and it happens.
20. **Prioritize health time** – Add exercise sessions and weekly meal planning time to your diary just as you would a meeting.
21. **Be OK with low days** – If you are just not feeling up for a workout occasionally, give it a miss. It's better than stressing about it.
22. **Get good sleep** – Fatigue or sleep deprivation may be sucking your energy and mojo. Schedule some more Zzzzz's.
23. **Read some quotes** – Google "motivation quotes" and choose a few that resonate with you. Cut, paste and post to read each day.
24. **Got for a walk** – Yep, a walk in the fresh air thinking a little about why you are not motivated, works wonders to help you do what does.
25. **Be persisant & patient** – Adopt these 2 P's to commit to your efforts, knowing it won't be easy, but it will be worth it.



Did you mark the motivators you'll be using? If not, got back and pick the tips you'll put into action this week. For most of us motivation doesn't come naturally – it builds by what we do to become motivated.