

Shape Up Psychologically

“Your thoughts are the architects of your destiny.”

How many people start a new exercise program or diet plan and continue it for more than 4 weeks? Not many, but why don't they? They join a gym, all ready to go, they go maybe once, twice... three times and then sometimes never again! It's crazy to think of how many people paying memberships, to access a gym with unlimited access, they can go as often as they want, but never return. The truth is they don't go back because they don't have the mental drive, that motivation to get them there, no one to push them, no discipline.

Physically we are capable of great things. We can complete that last set of weights, but mentally, we give up. The mind gives up before the body.

Our choices and behaviors determine the quality of results we produce. The subconscious mind needs to be trained. This is why it's so important to have a good social support network. If you have a friend constantly feeding negative thoughts, this goes to your subconscious, the subconscious which gives up at the first sign of feeling uncomfortable. Encouragement and support go a long way. Think about a high performance athlete. They have a coach to motivate them, keep them on track to achieving their goals. This is one of the most valuable things a personal trainer gives, constant encouragement; feeding the mind with positive thoughts to help you achieve what you thought was never possible. A personal trainer should be a coach, yes they can show you what exercises work best but they can also drive you, push you harder, and I hope find you that inspiration to keep at being a better you. Something to think about when next choosing your trainer or when you're talking to that friend who is trying to put you down for choosing to exercise first thing in the morning rather than go out the night before to down a few bottles of wine.