

## “I Really Want to Exercise”

Have you been wanting to exercise but have not found a way to build it into your day or sustain it? You are not alone. Exercise can be affected by changes in our lives whether it is work schedule, raising children, or other commitments. For so many it is the first thing to go or just never gets on the priority list. Sometimes it takes a medical reason to create it as a priority.

If you are ready to take on exercise as a goal then this information (which you likely already know) may make a difference NOW in getting you going. Being educated on health and fitness is really important but not enough to get motivated. So, I will include motivation tips as well.

### **Part 1: Information**

**A Gallup survey** found the following among men and women who have taken up exercise recently:

- 66 percent report a more relaxed life
- 62 percent a new surge of energy
- 55 percent less stress
- 51 percent better looks
- 46 percent more confidence
- 45 percent better love life
- 44 percent greater job satisfaction
- 37 percent more creative on their jobs

Exercise goes a long way! Your quality of life is worth it.

I found [Newsweek's March 26, 2007 article, "Stronger, Faster, Smarter"](#) really powerful in outlining recent compelling research on benefits to exercising and how to get motivated. I hope this summary of the article can make a difference in getting you going with your exercise plan.

It really is never too late. *Scientists have found aerobic exercise can grow new nerve cells in the brain.* Previously it was believed the loss was permanent as

people age. This is really good news to me as I notice my memory has declined a bit since 40 and wondered what it might look like after 50, 60, etc. The brain benefits alone motivate me!

**Brain benefits:** The fittest bodies were ones with the fittest brains. Exercise improves cognition not just muscles.

- Decision making, multitasking, planning, focus
- Less inflammation in the brain
- Improves sleep
- Balance and stability
- Calm down more easily

Exercise works as an anti-depressant: It prompts release of mood-lifting hormones so you are more resilient in the face of stress and can raise self-esteem.

**Among HEALTH benefits noted in article:**

- Develop Alzheimer's less often
- Colon cancer 60% less likely
- Coronary disease 55% less likely
- Osteoporosis 40% less likely

**"Physical Activity and Health: A Report of the Surgeon General." Further outlines health benefits:**

- Reduce the risk of premature death
- Reduce the risk of developing and/or dying from heart disease
- Reduce high blood pressure or the risk of developing high blood pressure
- Reduce high cholesterol or the risk of developing high cholesterol
- Reduce the risk of developing diabetes
- Reduce or maintain body weight or body fat
- Build and maintain healthy muscles, bones, and joints

*2 hours of life expectancy for every hour of vigorous exercise!*

*Poor diet/physical inactivity is second only to smoking in lifestyle factors contributing to the top killers including C.A.D*

## **Part 2: Getting Motivated**

You can read in Newsweek's article how the brain and genetic history plays an interesting role in exercise motivation.

### **Make It Fun**

If you perceive your workout as a chore, you more than likely will not stick with it. Create a workout which you will look forward to. I love to walk or jog a scenic route. When I am indoors on the treadmill, I do it while viewing recorded Ellen shows. I laugh and smile all the way through my workout. Sometimes I enjoy just dancing to music.

There are so many possibilities. Here are just some. Competitive sports, hiring a personal trainer, running, lifting weights, aerobics classes to hip hop, bicycling, hiking, rollerblading, skiing, register for challenging walk a thon and train for it, rock climbing, Tai chi, ballroom dancing, listening to music while working out.

What do you enjoy and how can you make it work toward exercising?

### **Create and choose the right time**

Time is usually the reason why individuals state they do not exercise. I say this often, it is really important to have your use of time under control in order to take on a goal that requires this kind of commitment. Rather than add more to your schedule, see where you are wasting time and reduce that. It will free up space for exercise.

If you always exercise on the same days at the same time, your routine will become a fixture in your life, not a whim. Not going to the gym will feel unnatural.

I often suggest to people to start your day with the thing you would more likely procrastinate on or not do. That may be exercise. If it is after work and you find yourself less motivated you may want to buddy up with a friend

### **Start small**

It is easier and more likely to be sustained if you start where you are and not get too ambitious right away. Incorporate exercise into your day by walking the stairs or parking your car further distance from your destination.

Begin with 20 minute “exercise snacks” as suggested in Newsweek’s article. As you feel accomplished and ready to ramp it up you can add 10 more minutes to one or more of your “snacks”. It can take several months before you are sustaining a regular workout. One day you will be loving the sweat.

### **Dealing with feelings of failure**

Focus on your progress. This will not be a smooth ride for quite some time. You will likely have emotional discomfort with this commitment. At times you may feel guilty for letting it go. Figure out what your obstacle is and create a realistic solution which will help you get back to exercising.

***Now go back to the Gallup survey earlier in this newsletter and vision the kind of life you could have if you exercised regularly.***

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**Coaching** assists clients who want to make transformational changes in their lives. If you desire to change an area or areas of your life, feel free to contact me at (978)686-5693 or [lisa@baystatecoaching.com](mailto:lisa@baystatecoaching.com) for a **FREE consult**.

**I thank you in advance for forwarding this newsletter** to any of your friends and family who may be interested.

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