

# Making Change Stick

**Making a change such as beginning an exercise programme or adopting healthier eating habits never happens as quickly or easily as we would like.**

**Busting bad habits and replacing them with good ones takes commitment, planning and a large dollop of perseverance.**

The right support from people around you is also a crucial factor and this is where the guidance of your Personal Trainer can really help you become the fit healthy person you aspire to be.

**Step 1: Identify the DIRECTION** you want to take or the **WHAT** with regards to your health and fitness.

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**Step 2:** Now **consider at least 2 reasons WHY** you want this.

**Why is this direction, goal or desire important to you?**

The more personal you make this the more powerful it will be. If you can come up with more than two WHYS so much the better.

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**Step 3: This is the HOW step.**

**List at least three actions** you need to take to head you in the direction you identified in **Step 1**.

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\*PTO for examples of this exercise from Emily and Jim.

## *#FitnessFact*

*You're 72% more likely to stick with your exercise plan if you work with a Personal Trainer instead of 'going it alone'.*

## FAQs

**What if I don't have time to exercise?**

Whilst there is no doubt that many people have busy lives juggling work, family and other commitments - we are going to give a very honest answer to this.

There are always 168 hours in the week. However, the way we spend those 168 hours differs enormously. The issue is not that you haven't got the time but how you choose to spend the time you have.

The secret therefore is to make being fit, healthy and active important to you, which is why doing the 1-2-3 exercise on this page (and especially step 2), will really help.

**Some of my friends and family are not as supportive as they could be. What should I do?**

We call these people 'frenemies'. It is important that you identify them so you don't let their attitude derail you. A lot of the time they will be less than supportive because you are showing them up. If you (as a friend or family member) are making positive changes that may put pressure on them to do the same. You might need to reduce their influence in your life and instead seek out people whose support is encouraging and motivating for you.

**How important is keeping a record of what I do?**

Research is clear on this. People who keep a training record or food diary are more likely to be successful at making long-term changes than those who don't.

For more information visit

***synergyfitness.co.nz***

or talk to one of our training professionals





**Emily is a working Mum with two young children aged three and six years old.**

Her **WHAT** for starting exercise is to get back into shape after not really doing anything since the birth of her youngest baby. 'Back in shape' for her means having more energy for herself and her partner, and dropping the 'Baby KGs' she gained.

**Emily's WHYs are:**

1. To feel better able to cope with her day. She often has energy slumps in the afternoon and doesn't get anything done.
2. To be a good role model to her children especially the six year old who she would like to be more active with.
3. To feel better about herself and to enjoy her clothes fitting better.

**Her HOWs are:**

1. To go to the gym three times per week in her lunch hours.
2. To do at least one 'active' family outing every weekend.
3. To get some feedback on her eating and make some healthier choices.



**Jim is in his late 40s and has a very sedentary 9-5 office job.**

His main **WHAT** for getting into regular exercise is to do something about the back and neck pain he is suffering from more and more frequently.

He also appreciates he is getting a little older and wants to avoid health issues as he ages.

**Jim's WHYs are:**

1. To avoid becoming like his father who has had cardiac issues and is very overweight and immobile.
2. To reduce the back and neck pain he suspects is a result of spending too much time at his desk and which is making him grumpy and irritable.
3. To be able to complete a fun run with his eldest daughter.

**His HOWs are:**

1. To book in with a Personal Trainer at least once a week as he needs the motivation and accountability that this will give him.
2. To get out at lunch times and walk for 20 minutes instead of having lunch at his desk.
3. To join up at the local gym and diarise that he will go two evenings a week after work.