

Motivation

Motivation. That's a tough one isn't it? You start the new year with good intentions and it's easy because it's new and it's exciting and everyone else is doing it, but what happens to your motivation when February begins and it becomes a bit more mundane and the reality of everything kicks in and you start to feel the pressures of everyday life creeping back in and the first thing you want to quit is your healthy eating and exercising because you can't quit work or being a parent, spouse or any of the other daily commitments you have. Well on Friday 29th January I had an interview with Jack Miles at BBC Radio Gloucestershire to talk about motivation. How to keep it, and what is the not so secret way to keep motivated!

Take a listen and then I will explain further! It was my first ever radio interview and with any interview you always come out kicking yourself wishing you said this, that and the other! Click on the link below and head to 1:14:30 to listen.



My Interview with Jack Miles about Motivation

So first of all, forgive me for my nerves in the interview! But I really want to stress that when life gets tough, it's even more important to keep up the healthy eating and exercising. The reason being is that although you are thinking "I don't have time for this", or "oh gosh, I need to do a meal plan, then the food shop, then cook for the family, then put the kids to bed, then tidy up", what most people then fall to is either sit in front of the tv with a glass of wine and watch tv or they don't do the good meal plan because that takes too much time! And exercise is waaaaaay down the bottom of the list and is the first thing to drop off. That is your first mistake! I promise you, that although it feels tough to being with it will really enrich your life (it sounds corny but it's really true!) My mind is in constant turmoil

of to do lists and when I exercise I am soooooo focused on the task at hand that I actually can't think about that dreaded list and it gives me some respite. Then because you've worked out and sweated out all of the toxins, you can have a nice warm shower and put your pj's on and then settle down for the evening. Your body will be just as exhausted as your mind and you will get the best nights sleep. I think I read somewhere that it takes 14 times to make something a habit. So once you've done this 14 times it won't feel like such a shock any more and will simply become a part of your routine! That's part 1 to keeping your motivation.

Here are my other top tips for keeping up the motivation:

1. Tell people what you are doing. These will be the people who support you when you're struggling or are lacking in the motivation.
2. Don't kick yourself if you slip up – you're human, it's normal and well basically shit happens so deal with it!
3. When you do slip up, don't let it spiral; if you eat chocolate, don't think "oh well, I've ruined my day I may as well eat rubbish for the rest of the day, oh well I've ruined the day so really I've ruined my whole weekend..." you see where I'm going with this. Start again, make the next meal healthy, still do your exercise for that day, you will feel so great for doing it.
4. The same applies for planned slip ups; weddings, birthday's, holidays etc. have fun and enjoy yourself but don't let it creep into the next day / week / month.
5. Record everything – my way of doing this was through my blog – take photographs, measurements, weigh yourself and keep doing it each week. You will start to see the results and this is when (and the ONLY time) you should ever look back, you will see how far you've come, no matter the distance you still have to go seeing what you have already achieved should be your motivation.
6. Talk to people, join online groups, forums, or the gym and use other people as motivation, they will tell you how amazing you are and you can do the same for them and you can encourage each other to succeed.
7. Don't compare yourself to anyone else – this is a tough one! Even I am guilty of having to catch myself from doing this! I work out with my boyfriend and I've started trying to lift heavier weights and sometimes lifting weights with him feels like I'm going clubbing with my hotter friend! I'm all spruced up and ready to go and feeling good and then I can't lift any more than I was lifting last week and he's lifting twice that and doing bicep curls with the weight I'm trying to chest press because it's started to crush me and flatten my boobs! He's been doing it 15 years, I've been doing it 5 weeks, of course he's going to lift more than me and increase his weights more than me. But it's hard to not get frustrated.
8. Use your frustrations to push you through. It's hard, acknowledge that it's hard and then crack on! Everyone struggles – ask your group of friends at the gym or online – they will all have a story where they wanted to jack it all in. Reach out and ask for help, nobody will judge you for it, they will

admire you for having the courage to ask.

It's normal to struggle to find the motivation some days, and that's the day that counts the most. So stick with it and you will be so proud of yourself and you will end up being somebody else's motivation!

Good luck!

Love Roo xx

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My Vitamins Complete Sleep



Getting enough sleep is absolutely paramount when it comes to making exercise and weight loss a success and as someone who struggles with getting the right amount of beauty sleep I decided to try out [My Vitamins Complete Sleep](#).

Sleep is really important as it enables your body to rest and repair itself. Without getting the right amount of sleep you may find that your weight loss plateaus and you quite simply don't have the energy to exercise. [My Vitamins Complete Sleep](#) will help provide the nutrients that you may not get from your diet to help you to get a good nights rest and be ready to face the day ahead of you! As daft as it sounds after only taking them for a couple of days I have really noticed a big difference and I am looking forward to seeing what other benefits it brings my way! Read on to find out more.....

[My Vitamins Complete Sleep](#) is designed to provide the body with the following

nutrients; B6, Zinc, Biotin & 5-HTP. All of these will help your body to wind down, rest and repair itself overnight so you are always starting the day with a clean slate to give your body the best chance it has to succeed at whatever you throw it's way! Whether you are doing a heavy training schedule get in shape or whether you are simply trying to eat better and lose a few inches, the **Complete Sleep** supplements will help you along the way in providing those vitamins that your body isn't producing or your not getting from your diet. So let's take a deeper look into what each one provides:

B6 – This helps to break down chemicals in your body to utilise protein. If you exercise natural B6 levels will be depleted as a result because it is used for energy production. So by boosting this you are rebuilding the levels used.

Zinc – These helps with healthy bone development and helps your cells to grow, divide and function more efficiently. It also helps to promote a healthy immune system. Zinc is very hard to find in food sources.

Biotin – This helps to prevent symptoms such as insomnia for example because it regulates and controls energy production in cells and how food consumed is turned into energy.

5-HTP – This is a natural amino acid which increases the levels of serotonin and will help to improve your quality of sleep. It increases REM and reduces the time taken to fall asleep, you will find that you wake up less and have a generally much deeper sleep. People with low serotonin levels may notice symptoms such as migraines, tension, depression, insomnia and overeating.

So all of the nutrients combined will help to improve the quality of sleep and should therefore improve the quantity of sleep needed. You will get the sleep you need, and also build up and regulate the energy used to ensure that your bodies levels are more stable and sustainable. The benefit of this is that you will be more likely to feel less exhausted and be ready to smash that workout and because your energy levels are stable you won't be craving those sugary pick me up and crash snacks.

You take 1 – 4 of these tablets before bedtime for up to 4 weeks at a time and then you can take a 2 week break and start again. So far I have been taking 2 tablets 30 minutes before bedtime and I have to say I am out like a

light! And whilst I have woken up a couple of times it's not to the extent I would normally stir in my sleep and where my quality of sleep has improved I am finding that I am actually waking up earlier than normal and have been ready to get up. There has been none of that grogginess that comes with being shocked by your alarm bursting in to life! I feel really good, and again I am finding that I am snacking less between meals but I don't feel my energy levels slumping after lunchtime.

I am yet to see if it will affect my measurements. But here they are just in case and I will be revisiting these in a couple of weeks time to see if it is having an affect. But to be honest, my goal is more about not gaining fat rather than losing weight, and to build more lean muscle mass.

- Waist – 25 inches
- Hips – 35.5 inches
- Thigh – 19.5 inches

Watch this space to find out how it goes! Or click on this [link](#) to conduct your own trial ☐

Love Roo xx

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How To Be Your Own Coach



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onal trainer but most of us have got the internet so we can find the exercises on blogs like mine and personal trainer videos on youtube to help us out but what about the other bits that a personal trainer can provide you with such as coaching, guidance and motivation? Well here are my top tips on how you can be your own coach. It will take some practice but you'll get there!

Firstly a coach isn't someone who trains or teaches you, so you don't need to be a fitness expert. Being a coach is about helping someone or yourself to see what's inside of that person and how they can maximise their potential, build self-confidence and to identify and improve on their skill set.

Secondly you need to address why you need to coach yourself. This is something that's really important because you need to assess your progress and help yourself to move forward otherwise when you hit those hurdles you might stumble and not pick yourself up again. But with the right skills you will be able to do that and to dust yourself off and carry on. It also teaches you (as harsh as it may sound) that you and ONLY YOU are accountable for your actions and it will help you to stop making excuses and to take action.

What can you do to make yourself an effective coach to yourself?

- You need to motivate yourself
- You need to be able to question and challenge any negative thoughts you may have
- You need to be able to set goals where you can track and measure your progress
- You need to be able to listen to your body

So how can you question yourself? This sounds really weird that you might be interrogating yourself but you are also the only person who is going to hear your thought process and honest responses, so it makes perfect sense that you should ask yourself honest questions and answer them honestly.

- Firstly, ask yourself what's stopping you? And is it really stopping you or are you using that as an excuse?
- What else? Not only ask yourself what is stopping you but also ask yourself what else can you do?
- How can you? Ask yourself how you can achieve those things? How can you make other things that are stopping you to not be an issue. What can you do?
- What did you do well? Sometimes as our own worst critics we focus on the negative. Have you ever done a workout and thought "well that sucked?! I may as well have not even bothered." well stop it!!! Remind yourself what you did well during that workout. "Ok so I may not have been able to do those tricep dips but my plank was awesome, I held it for longer than last time." Find the positive!!
- What can you do to improve or do differently? With the things you didn't do so well at, what can you do to improve and do better next time. Because giving up won't help. Here's my thought and self coaching process "Those pushups were terrible. Why? because my shoulders aren't as strong as they should be. How can I make them stronger? Or can I build up to doing a pushup? Well I could do some shoulder weight training to improve the strength, I can do a modified version of a push up with my knees down rather than a full pushup. I can do one full pushup then drop to my knees and carry on doing modified versions, then next time do two full pushups before dropping to my knees..." and so on. Can you see where I'm going with this?

To be a good coach you can follow either of these models (GROW or SMART) to help you build a structure until you get used to it.

GROW Model

Goal – What do you want? Is it measurable? what are your timeframes? Be specific. General goals can't be achieved. Saying I want to fit isn't a goal. Saying I want to be able to run X distance in X time by X date is a goal that can be measured and achieved. If you don't set the goalpost at the beginning how do you know what you're striving for? And then you can make excuses for yourself which is never a good option.

Realistic – Is your goal realistic based on your current situation? Can you reach the goal of running a marathon tomorrow if you've never run in your life? Probably not! Make sure you look at the obstacles in your way, how they may affect your journey, what are your resources? Do other people need to be involved to help you? Have you spoken to them about it?

Options – What can you do in order to achieve your goal? What are the advantages and disadvantages of these options. Which gives the best result, what feels like the best option?

Will – What will you do out of all the options you have given yourself?

SMART Model

Specific – Make sure your goal is specific

Measurable – Make sure your goal is measurable

Attainable – Is your goal going to be achieved based on the specific and measurable quantities you have given?

Result focussed – You must be able to check a box when you hit your milestone and be able to say yes or no for achieving the result you set

Timebound / Trackable – Can you see along your route whether or not you are likely to hit your end goal? This is done by putting milestones into your goal. When you say I want to lose 1 stone in 6 months, that is your overall goal, but you can break this down into in my first month I want to lose X pounds, in month 2 I want to lose X pounds and so on. This is good if you have never done it before and don't know if your goalpost is realistic. You can track your progress and if you're doing better than expected then move the goalpost forwards. etc.

The SMART model really teaches you how to evaluate and re-evaluate your goals and your progress. This should be used to succeed and not to find an excuse to not achieve your goals though! So be careful when using this!

Remember a goal without a plan is just a wish. So get planning!

Love Roo xx

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