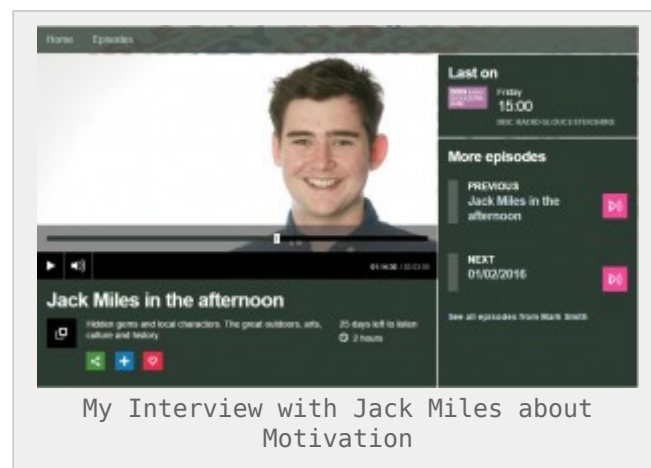


## Motivation

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.



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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