

## 10 easy ways to make exercise a habit by Full Bottle Fitness

Many people start new fitness routines each year, but lots of them don't stick at it. All too often, our initial enthusiasm wanes, we get distracted by other things going on in our lives, or we don't think we're seeing results quickly enough. At that point we often give up. On average you will not see any results for 6 – 8 weeks. A recent survey asked a group of fitness evangelists what they thought the biggest benefits from fitness training were below we can see the results;

- Fitness
- Feelings of well-being
- Energy
- Enjoyment of the exercises
- Sleeping better
- Feeling alert
- Being relaxed
- Weight management
- Appearance

### So, how can you become one of the fitness faithful?

Here are the Full Bottle Fitness top 10 tips for making fitness a habit in your life:

1. **Do a variety of activities you enjoy.** And remember, there's no rule that says you have to go to a gym or buy equipment. At Full Bottle Fitness we specialise in outdoor fitness solutions. Do a variety of activities, such as walking, running, loaded marching, cycling or boot camp classes, as this will ensure you can exercise regardless of the weather or time of day.

2. **Commit to another person.** It's easier to exercise with someone else and the social aspect of exercise becomes important. It is more difficult to let a friend or a group of colleagues down if you've agreed to go for a walk? The social aspects of exercise are an important value at Full Bottle Fitness. Recently groups of friends have climbed Mount Snowdon and finished the One True Grit muddy obstacle race. The social closeness makes us very proud and is also important to our customers.

3. **Make exercise a priority.** It has to be a non-negotiable, no matter how busy you are. Another advantage in making exercise non-negotiable is that friends and family learn that it's part of your identity. This means they give up saying things like, "Why don't you take it easy today?"

4. **Exercise first thing in the morning** to fit in with family life. Consider getting up before the children to exercise. Many experts also agree that exercising in the morning is best. Exercise, have a shower and you can feel energised for the day. Alternatively, **exercise on your way home from work.** This is the next best thing to exercising first thing in the morning. Take your gym bag with you, don't go home first, so you avoid the temptation to stay at home.

5. **Exercise even when you're "too tired."** The chances are you'll feel better after exercising. This is because exercise energises us.

6. **Keep a record of your activity.** Write down the things that are important to you. It could be how much time you exercise each day, how many steps you walked, how far you ran or cycled, what you weighed etc. Some people like to control their own fitness training programme, but some like to work with fitness professionals. Full Bottle Fitness offers help with both approaches. Please get in touch if we can help you.

7. Some people make a game of it. Some runners calculate how many miles away a particular place is from their home and then work out how far they run in an average week, setting a target date for "arriving" at a destination. You can also shock your body so mix up your running training. Make sure you have interval and hill training as part of your schedule. You can also mix up your training by having off road and on road courses.

**8. Identify signs that you are making progress.** It's great when your clothes fit better, you can do more push or pull ups or exercise longer without getting exhausted.

There are lots of other signs of progress too, such as:

- Getting a good night's sleep.
- Thinking more clearly.
- Having more energy.
- Realising your muscles don't hurt.
- Seeing your resting heart rate drop over time.
- Hearing your doctor congratulate you on your improved health.
- Losing inches on your waist, hips, neck, belly and generally losing weight.

**9. Walk** -. If you enjoy walking and haven't exercised for a while, 10 minutes three times a day will give you 30 minutes. Use a pedometer, which records the steps you have taken, and work up to at least 10,000 steps a day. Your dog, (if you have on,) may also see the benefits of your healthier lifestyle.

**10. Reward yourself.** Are you telling yourself that you don't deserve a reward for something you should be doing anyway - or that once you can zip up your jeans without lying on the bed, that will be reward enough? If so, that's not very inspiring. Experts say that making behaviour changes is hard, and rewards motivate. So decide on a goal and a reward, and work towards it. You might buy yourself a DVD you want after sticking to your fitness plan for one month. Or you could buy a new pair of shoes when you achieve 5,000 steps a day. Do whatever motivates you!!

Full Bottle Fitness specialises in outside training solutions. We offer Fitness Boot Camps, Loaded Marching, Group Training and Personal Training. Our aim is to have fun, get you fit and then keep you fit. We cater for all levels of fitness. Our groups are mixed and we encourage partners to train together. Make today the day that you change your life to include fitness. Call Tina or Gary to discuss your training plans and targets or contact [info@fullbottlefitness.co.uk](mailto:info@fullbottlefitness.co.uk) .

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