



# FITSTOP FORUM

March  
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Hello Everyone! I knew that winter had to make just a bit more of an appearance before it was all over, but March is here and that means that spring is just around the corner! New beginnings are as well. If you have been feeling sluggish this past winter and you haven't been motivated to exercise and make those smart, healthy choices that you know you really desire to make, now is the time to make that new plan and seriously get going! We all need a little help in that area from time to time, so I am going to share with you a little tip I read about in an article from the *American Council on Exercise*. In today's newsletter, we are going to look at a simple yet powerful method to get you motivated to exercise consistently by motivating yourself! If any of you try this method, please share with me how it worked for you! In the mean time, stay healthy and I hope to see you all very soon!

### March Birthdays:

- 03/01 Stan E.
- 03/03 Pam K.
- 03/04 Beth B.
- 03/06 Marie T.
- 03/08 Maggie O.
- 03/15 Tom H.
- 03/16 Cameron D.
- 03/22 Carol K.
- 03/25 Patty B.

### \*\*REFER-A-FRIEND\*\*

Club members who refer a friend that joins for either a 12month **Select** or 12month **Basic** membership only, will receive a \$50 Visa gift card for each referral!

### Welcome Back Members!

I just want to say "Welcome Back" and how very nice it is to have David S. and Steve R. back with us at the gym! It's great to see you guys again!

### Motivate Yourself!

When it comes it comes to health behaviors, motivation seems hard because we often take a path of most resistance, particularly when it comes to exercise. Too many mistakenly believe that exercise must be awful to be effective, which is often enough to stop them before they get started. Yet rarely has

anyone ever regretted exercising or even just going for a walk. Here is a simple technique that you can use to capture the shift in mood and energy level that your next workout has provided for you. Here's how to do it:

1. Use the "Voice Memos" app on your smartphone.
2. Immediately before exercising, record a very short statement describing how you feel physically, mentally and emotionally.
3. Immediately after exercising, repeat step 2.
4. Play back the recording from steps 2 and 3 right after each other.

You will notice the effect immediately from both the words you use and the tone and energy or enthusiasm in your voice.

If you do not use a smartphone, write down the before and after statements on a sticky note or a calendar and say them out loud. This approach misses the opportunity to hear your own tone of voice change between the two statements back to back, but it can still be effective. This works even if you decide to use the same words in both statements. You will likely notice that your tone will sound so much more energetic and positive in the "after" utterance. Take note of what effect this action has, no matter how small. Too often people exercise because they "should" and as a result, it strips away much of the perceived benefit from the positive behavior because the context of a chore or obligation removes much of the enjoyment around it. This technique changes that. A

noticeable shift in mood becomes the motivator. Just be sure that you pick your own exercise intensity level that's agreeable to you. If you use this method for a few workouts in a row you can, in effect, teach your brain to get the immediate "reward" of exercise or physical activity. You actually teach your brain how to enhance mood and derive a powerful and positive effect from a single exercise effort. A single action that leaves you feeling better emotionally or mentally expands possibilities and generates hope. It also helps you reframe exercise and change it from a motivational challenge to a mood-transforming opportunity. It's worth noting that this strategy can be employed and will work equally well when going for a walk or any form of physical activity. Incidental physical activity may not be as intense as exercise and, in general, does not feel as daunting or challenging as exercise to many people. Yet, it can still provide an opportunity to reframe all physical activity (including exercise) in a more positive way using the strategy introduced here. Give it a try and let me know how it worked for you!

### Something to Think About!

"Courage doesn't always roar. Sometimes courage is the little voice at the end of the day that says I'll try again tomorrow."

\_\_\_\_Mary Ann Radmacher

"True joy brings with it things like enthusiasm for life, determination to hang in there, and a desire to encourage others."

\_\_\_\_Chuck Swindol

**ANY NEWSLETTER IDEAS?** Let me know if you have an idea to share with our members or if you would like to promote something that our members may be interested in. **ANY WEBSITE UPDATES?** If you would like to add or update your own personal FitStop fitness testimonial at [Kathysfitstop.com](http://Kathysfitstop.com), please email your story to me at [kathysfitstop@aol.com](mailto:kathysfitstop@aol.com).