

MINDSET

Getting your mind set right is intertwined with increased activity. Once you start to get active, you will notice a significant improvement in your mind set. Expect that some days will be tougher than others, but staying positive and doing some type of activity on these days will help build a new healthy habit.

Some skills to help you increase your activity include;



Planning

Plan your training times and nutrition in to your week ahead. This will save you time and energy throughout the week.



Support

Friends and family can be a big help. Talk to them to help them understand how important this is to you and what they can do to support you.



Realistic

Your targets and how you approach them need to be challenging but realistic. Small regular targets will help keep you positive and focussed.



Habits

Replace some unhealthy habits with some healthy ones. Habits can play a huge role for you. The more positive habits you can build, the more consistent you will become.