



THE ROAD TO HEALTH & WELLNESS

HEALTH TOPIC OF THE WEEK

2/19 - Commitment Over Motivation

Introduction

Typically, I provide unbiased and scientific information that is challenging but hopefully not too tedious or technical. My next four newsletters will be different. They won't have a scientific slant. Instead, I will stress four principles that all clients need to succeed.



Partnership Principles

At EPT, we constantly refer to partnership with our clients. Partnership is crucial. It means that both parties "bring something to the table". It means there are things we must do at our end, as well as things you must do at your end to succeed. I've used some slick alliteration to make our partnership principles memorable. If you are currently training at EPT, no doubt you've seen these guidelines on our chalkboard.



Our part is to provide training that is:

1. **S**afe
2. **S**ound
3. **S**cientific
4. **S**ustainable



Your part is:

1. **C**ommitment over motivation
2. **C**onsistency over perfection
3. **C**ombining exercise with nutrition
4. **C**elebration



Elite Personal Training and Fitness Solutions does not provide medical treatment or intervention. We acknowledge scientific evidence that appropriately intensive exercise and sustainable nutritional intervention can have significant impact on chronic health disorders and obesity, dramatically improving symptoms when recommendations are followed. Please visit us at Eliteptf.com for more information and to schedule your evaluation.

Principle #1: Commitment over Motivation

Clients often report struggling with achieving and/or maintaining motivation. Certainly, it is good to consider strategies to boost motivation. But if you focus primarily on motivation, you will fail in your health and wellness journey.



Everyone experiences waxing and waning motivation. Everyone. You are not alone in this. Sometimes there is no motivation whatsoever. But if we only pursue exercise or nutrition when we feel like it, our wellness journey will be very short lived.

Your pursuit of health and wellness is no different than most other things in life. Imagine wanting to learn the piano, but you only practiced when you felt motivated. Two years later, you'll still be playing chopsticks! Those who become accomplished pianists will practice regularly, despite feeling unmotivated. In other words, they practice whether they feel like it or not. They place faithfulness and commitment over feelings.



Exercise [and proper nutrition] are the same! You simply must do it whether you feel like it or not. Whether you like it or not. Whether you want to or not...

If you are currently training at EPT, or anywhere for that matter, DON'T QUIT, DON'T QUIT, DON'T QUIT! No - that was not a typo! I meant to say it three times in a row, and yes, I do understand that all caps mean I am shouting.



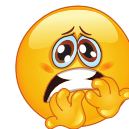
That is exactly what I am telling you with all the passion and energy that I can muster up - don't quit, no matter what!

Once you start training, there are only two outcomes. You will continue to exercise in a sustainable way for the rest of your days or you will stop. A staggering 80-90% of people who start exercising will quit. Don't join the majority. If you are training and feel like quitting - don't do it. You will regret it. You will regret it BIG TIME!



Health and Wellness

If you quit, you'll most likely beat yourself up. More importantly, the benefits you derived from training will go away very quickly. Exercise prevents disease and promotes health. So, when you quit exercising, you will move in the opposite direction toward diminished health and a shortened lifespan.



Tip of the week (2/19), page 2



Poor excuses and valid reasons

I hear many reasons for not exercising. Here are some common comments and my response:

“I’m too tired.”

Exercise is your ticket to increasing energy. If you quit, what is your game plan to avoid fatigue and sustain high energy?



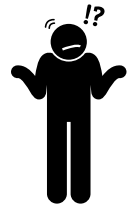
“I don’t have enough time – I’m too busy.”

Everyone has two or three hours a week no matter how busy. If you think you don’t have enough time to invest in your health, just wait and see how much you’re going to need to invest in being sick!



“I don’t like it.”

That’s ok. Many people start off by not liking exercise but later grow to appreciate it. Some people never enjoy it. That’s sad, but hardly valid. After all, just think if you quit other things in life that you don’t particularly like – your job, brushing your teeth, learning a new skill, etc.



“I’m not making enough progress, or my progress has plateaued.”

Very few of us improve as quickly as we would like. Plateaus are indeed frustrating. However, they are normal, and they don’t last forever. If you quit, you won’t have to worry about a plateau. But you WILL need to worry about declining health and wellness.

There are many other poor excuses, but you get the point. Some people quit for understandably good reasons. Perhaps some unfortunate life circumstance has caused immense heartache and stress. You barely know how to make it through your day, so exercising is the very last thing on your mind.



In these circumstances, it is normal to want to quit exercising and to stop focusing on nutrition. If this is your situation, neglecting your health will only make things worse. Stress creates systemic inflammation. It harms every physiological function. When you’re under stress, your immune system is under attack. This attack is not gradual. It is immediate.



Exercise strengthens immunity and improves gut health, which helps our bodies cope with external stresses. During difficult times, it may be wise and even necessary to cut back a bit, but quitting altogether would be disastrous. If there is ever a time to remain committed to exercising and maintaining your health, it is during times of great stress.

SCAN ME



Tip of the week (2/19), page 3



Takeaway Message

If you're reading this, and you're currently excited about your training and feel no inclination to stop – that's wonderful. But keep in mind, nearly all of us will go through a phase where we will be tempted to quit. Enjoy your current excitement but be prepared to remain steadfast when you begin to waver.

If this week's topic resonated with you and you feel discouraged and want to quit - Don't do it. Don't stop. Do not quit! Remain committed despite how you feel emotionally. Our slogan – "commitment over motivation" is pithy. Slogans are easy to verbalize or write on a chalkboard. The challenge is in applying them to real life.

If you're discouraged or frustrated, talk with us. Let us help you remain committed. When you stay committed, you'll pass through that dry desert phase, and the desire to train will return. If you're in the desert, let us help you!

DON'T
Quit

Commitment
OVER
MOTIVATION

Don't
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Tip of the week (2/19), page 4

