

How To Find Time to Never Miss Another Workout!



By Meg Levesque, CPT - First Fitness Management

“I don’t have the time” is the major issue and excuse when it comes to working out and getting healthy. Here are some tips to help you to never miss another workout!

- First, ask yourself what you are doing with your time. If you don’t know what you are doing, start logging every single thing you are doing within those 24 hours. Yes, everything, including internet use, commute time, family & friends time, etc. Everything! Don’t leave a single second out of that log. Do this for a few days and take a look at this as a whole and start making adjustments. I have my clients do this and the biggest eye opener they see on their logs is the amount of time they spend on social media. Yes, you need to track this too. It’s actually really easy as there is an analytics section so it will actually break it down for you.

- Next, do you have balance in your life? Meaning, are you taking on too much at once? Maybe it's time to revisit your schedule and include more time for YOU. Start by making a list of everything you do (work life, home life, everything). Then make another list of all the people that have offered you support. You know all those times they have asked you if you need any help? And maybe you have declined for whatever reason? Well, here is your chance & opportunity. Delegate more. Life absolutely takes a village, but YOU need to learn how to ask for help.
- And finally, are you putting too much pressure on yourself? For example, are you the type of individual who thinks if you can't get a solid hour in the gym that it would be worthless? Instead of thinking like this, please change your mindset to ANY amount of time is better than nothing. Even if you have 10 minutes between meetings, head down to the center for that amount of time and do something. Something is always better than nothing.

Always remember that “not having enough time” is simply an excuse. If you have the energy to formulate an excuse, you have the energy to squash the excuse. Ready, set, GO!

NEED HELP RUNNING YOUR CORPORATE FITNESS CENTER?

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