



PYT Weekly Training & Support

Lesson #44 Exercise Motivation

by Jim Katsoulis

Alright, welcome to this week's lesson. What I want to talk about this week is exercise motivation. Now, I don't talk a lot about exercise because it's covered so often, and people have all these preconceptions of it and places to learn it. And the truth is that you don't really need to do strenuous exercise in order to transform your body.

I changed my body and I've worked with a lot of other people who have transformed their body primarily through changing their eating. And you can put all your energy into just purely changing your eating and your body will change.

But there a lot of other benefits about exercise that I want to talk about today and, hopefully, get you to take some action and help you to think about it a little bit differently and, hopefully, feel a bit more motivation and excitement to do those sort of programs and those sort of exercises.

I can tell you from personal experience that as a person who's fairly athletic playing sports growing up and then getting out of it and then getting into yoga, I've never really been much into cardio-interval training and weightlifting. That's just never been my thing.

But I recently began a program that has interval training and so, it works out your lungs and your stamina. It works out muscles as well – weightlifting with body weight. So, my experience from that has been that one of the big things I've noticed is I feel stronger and this is an emotion and a feeling within me that has made it much easier to eat even better and to stay motivated. It has helped my moods.

And so, it made me aware that while, again, you don't need the exercise, what it does is give you a huge benefit and it's not just the calorie-burning benefit. Most people, when they think “exercise,” they think “calorie burning.” I want to tell you about some of the other benefits of it that can really help you.

So, the first one is strength. As you feel strong ... and I can feel it, I can feel it in my body. My muscles feel tighter. They feel stronger. My core feels stronger. And so, when I notice it, it's in these little things that I do throughout the day. I mean, I'm talking about little things like getting in and out of a chair, getting in and out of a car, carrying groceries, carrying my daughter around, and going up the stairs.

I noticed the other day I was going up the stairs, and I kind of ran up, and it was easier. I felt lighter on my feet. And that was a nice feeling because as you feel that way, as you feel stronger, it keeps you in a more positive mindset, and it's going to make it easier to eat well and to stay on track.

Remember, what we almost have to remind ourselves to do is to get away from the idea that we're only losing weight in order to look good. We're so focused on the

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superficial in this culture that we forget that if you felt really good, if you felt strong, if you had stamina, and if you had the strength within you, it would improve your quality of life.

Now, remember, that's what we're looking to do here. We're looking to improve our quality of life. How we look is part of that but how we feel is even more important. And so, that's one of the big things I've noticed as I'm starting to feel stronger; and so, I feel even better.

So, the first thing is strength. The next thing is stamina. Let's face it. So often, we're around people or we, ourselves, have felt tired. We get kind of lethargic. We get into our ruts. We get into our routines in our lives, and if we're not increasing our heart rate and letting it go back down, increasing it, letting it go back down, increasing our oxygen intake ... when you're doing a cardio type of workout, you're increasing your oxygen, you're increasing your heart rate, and it just allows your body to create more energy.

And that's the idea. If you don't use it, you lose it. And so, when it comes to energy, if you're feeling kind of low energy, sometimes, it's not like more sleep is going to fix it; more rest isn't going to fix it. Sometimes, you need to go out of your way and experience a little bit of discomfort in order to create that energy.

And that's kind of the best way to feel it, I think. The more energy you kind of put out there and not overstraining yourself but exerting yourself a bit, feeling a little bit of the discomfort, increasing your heart rate, increasing your oxygen intake, you do that for a few times a week and, all of a sudden, you start to experience more energy.

I noticed that when I wake up in the morning, I have even more energy. I'm wide awake and throughout the day, I've noticed that I have less fatigue and I'm able to just go right through it. And I've even been sleeping a little bit less as well.

So, that's been kind of nice also. But, again, the main thing I took out of that is that you can't just expect that if you're low energy ... I just haven't seen this work with people where they just need more rest.

A lot of times, it's the opposite. They need to get their body in better shape. They need to actually go out and create the energy first. So, think about that. If that's the situation where you're kind of low energy and your stamina is kind of low, I want you to think about adding some sort of exercise routine that actually builds that energy up, and think about it that way.

And, finally, it's the emotional component of it. The nice thing about exercising is that it's something that you're doing regularly. Ideally, that's what you're looking to do. And the thing is, once you do it ... say, you exercise at four in the afternoon and, say,

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you exercise for a half hour; once you are finished with that, six and seven o'clock comes, I find that I often reference back to the fact that I did that exercise and I did that workout. And it feels good. It's ego-gratifying. It makes me feel more the way I want to feel. It affects my self-image. It makes me think of myself differently in a positive way.

And so, that keeps stacking up on itself. The more positive things you can kind of put into yourself and think about yourself, the better your results are going to be.

So, you notice about all these different things we're talking about, it's not just about calories, but it's about keeping ourselves with some momentum. It's keeping ourselves focused; it's keeping ourselves doing things that are going to get us the results we want.

So, my challenge to you is this. Find an exercise program that will do some of these things and that will give you some strength. So, what I would say is ... this is just my opinion now. So, I want you to go out there and find your own thing. But I have been with a lot of fitness experts. The first thing I would look for are exercise routines that work out your whole body, not just cardio, not just running on a treadmill, not just riding a bike, but something that's using your whole body and working out big muscles groups.

You want something that's going to work out your legs and your butt because those are the bigger muscles in your body. The bigger your muscles are, the more fat you're going to burn, and the more calories you're going to burn 24 hours a day. That's the way our bodies work.

So, find an exercise program that's going to give you a full body workout that's not only going to work the muscles out, though, but it's also going to create more stamina and energy for yourself; and that means you're increasing your heart and you're increasing your oxygen intake.

And then, finally, find a routine that you can do easily. Make these routines simple. Don't make it the only place you can do this workout at is an hour and a half away through traffic and it's real hard to get yourself to do it. Have a routine that you can do at home or something that you can do that's very close to home. You want to reduce and eliminate as many barriers as possible for you to get to do that exercise program.

So, the exercise program I'm doing is right in my own house. So, I can just do it pretty much at any time because I've done other programs where it's been ... at a certain time, there was a class I would go to and it would be okay but, sometimes, I would have an off day, and timing would get screwed up, and I would miss the class; hence, I

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would miss the workout. And that has the possibility to take you right out of your routine and break your habit.

So, I would suggest finding a workout that you can do very, very easily and that you can do at any time. That's the ideal. And going one step beyond that is you want to have a few different workouts so that you won't get bored and so you'll have workouts that will match up with where you're at that day.

So, if you're real low energy and you don't have kind of the mindset or the energy to do a long workout, then, pick a shorter workout. You just want to build that chain. That's very important as far as the motivation and the momentum goes.

So, I hope that some of these things have helped you. And go out of your way and really do something to build up that muscle, build up that strength, increase your stamina, and improve your motivation and the way that you think about yourself – your self-image. And think about yourself as an athletic person, a strong person – someone who's healthy and in good shape. And as you exercise, it'll be easier to think of yourself that way.

So, do this, and I'll talk to you next week.

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