

NO KIDDING ...KEEPING THE MOMENTUM IS NOT EASY!

by: Nadia Bender



Here I am trying to decide how long of a workout I want to do on day two of my summer vacation. Day one I did nothing but relax - what an awesome feeling! No clock-watching. I didn't have to teach my 9:15am workout class; instead, I took advantage of reading and other non-physical activities.

On day 2, feeling a little guilty of over-indulging, I decide it's time to do something about it. So on my own, I take a 20-minute jog on a cottage road - thought it would be a breeze since I am all rested and relaxed. So why am I feeling winded? I am too stubborn to quit now. Next I'm pushing myself to do 400 skips with a jump rope, again feeling exhausted - what is wrong? Why is my stamina so poor? Usually I am teaching 2-hour-long classes daily, and now I am questioning my strength and abilities!

Next I decide to do muscle work with my bands while on the dock - I have to actually talk to myself to push through the last few reps because it is so strenuous!

What is going on? Why do I have to self-motivate to get through the exercises? Especially when in front of me is a beautiful lake with the sun shining and wind blowing and waves crashing onto the rocks - what could be better for a workout view?

Why is there a perception that going on vacation and going for a workout don't seem to 'fit'?

What I found out was that motivation is tied to commitment, whether at home or on vacation. It wasn't until I committed to working out that I motivated myself. In my head I thought: just one more exercise, I know I can do it. At the same time I wanted to have the accomplishment feeling when I was done. The next thing you know one hour flew by and after finishing my workout I felt like a million bucks!

Finding a partner to work out with while on vacation can improve your chances of getting a workout in. If you are traveling with someone else who regularly exercises, talk about it before leaving to confirm you are both committed to doing some exercise while away. Just doing a short workout, even 10 minutes of an activity, is more beneficial than none at all. A few 10-minute sessions during the day soon add up to giving that sense of accomplishment.

If you've just returned and feel you over-indulged while away, we can help motivate you and bring you back to feeling like a million bucks!

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