



...The game is on

FEBRUARY NEWSLETTER

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Premier Sportsplex

9000 Memphis Drive

Lubbock, Texas 79423

(806) 771-GAME

(806) 795-1337

membership_director@premierlubbock.com

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Stay Motivated As You Ride or Step or Lift or ...

The holidays are over and 2010 is here. Time to get back into your workout routine or start a new one! Remember, keep trying new things until you find the one or two (or ten) workouts that you look forward to. You are still motivated when you think, I hate going, but when I am finished I am feeling so good both physically and mentally. That's still a positive reaction because you know the result is worth the effort. This article is written for spin enthusiasts, but I've changed it to relate to all your choices of group fitness classes!

Seasoned spinners, you know what this class can do for you. The Spinning program is the perfect Rx for the body and soul. The other spinners are always glad to see you AND admit it, you're glad to see them, too! Spinning is a great way to increase metabolism, increase stamina, burn calories, even increase strength (ever completed a ten minute climb?). Did I mention burn calories? The ride changes constantly (okay, well a hill is a hill, but it does eventually end), the jokes are pretty corny, but the music is motivating and we play it loud! Join us for a few rides and you will be hooked on spinning.

Now ... Fast-forward three months:

"I'm so tired."

"It's too cold... I don't want to leave my house."

"After work and the kids and the drive and dinner ..."

Where's the motivation?

It's one of the hardest, yet most important aspects of a longstanding exercise regimen. How do you keep yourself committed to your Spinning (or Step or Trekking or "whatever") classes throughout the year? Every day is different, which means every day presents new obstacles to scheduling a workout. The key? Make exercise—your Monday and Thursday Spinning class, your Tuesday Bootkamp, etc.—a priority so that as life happens and when all those little things come up, you won't allow your fitness routine to slide to the bottom of your list.

When you feel your motivation waning, refer to these tips:

Plan your training sessions in advance

Take home a copy of Premier's class schedule, hi-light "YOUR" classes and post it on your refrigerator or in your organizer. Circle the classes that you want to try and those that are most convenient to your schedule, and make appointments with yourself throughout the week to be there. PLAN to be in class and on time.

Support system

Tell your family and friends about your commitment to exercise on a regular basis. Express to them that you need their support. With their help, stick to your plan

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No cancellation policy

Stress to friends, family and yourself how your classes have the priority level of an appointment... exercise is a must in your schedule. A single "Mom" once told me how she helped her children see the importance of the exercise routine, "If you want a calm, fun, fit Mom, allow me this time to be exactly that." What a difference when her children realized how much easier their Mom could handle life by just allowing her an hour and a half of time four to five days a week. These kids actually began encouraging their Mom to go.

Listen to your body

Our energy cycles fluctuate from day to day depending on the stressors in our midst. Pace yourself and listen to your body. When your energy cycle is low, it's time to go a little easy on yourself. If you get sick and need to take a day or two off training, it's okay. Allow yourself to relax and ease off guilt-free. Just be sure to get back on the wagon when you're well and push yourself on those high energy days. Make each workout YOUR workout. The instructor is a guide not a dictator; your fellow participants are comrades not competition.

Buddy system—it's not just for kids

Set dates with your friends to attend classes together. When you set a date with a friend to exercise, you are more likely to keep the commitment (and so are they!) PLAN, PLAN, PLAN ... and stick to the PLAN!

Set challenging goals

Set some goals for yourself. Goals can be as simple as attending a certain number of classes, trying "different classes", adding something to your workout each month, going no sugar for a certain number of days in the week. What a great year 2010 will be, as you realize your goals and set new ones each week, then each month. Goals are a part of the fun. Set some that are easily accomplished and fun to get to. Confused about goals? Premier has personal instructors that can help you set goals, plan for their implementation and help you stay motivated to accomplish them! Also, look for contests and free stuff from Premier, just for using your membership!

Have FUN!

Somewhere down the spinning road (or group fitness journey) it can happen—you lose focus of the fun. If your workout routine is a dud, it's only a matter of time before you throw your hands up and quit. Embrace the exciting elements of your group classes (make it through the climbs, love the jumps ... or vice versa), develop new friendships with others in your classes, suggest music choices to your instructor and have fun! Let your instructor know, your enthusiasm is waning. She might introduce some new moves or listen to some suggestions from you; either way she (or he) is going to appreciate hearing from you and start thinking of ways to "get you motivated!" Instructors need feedback to make their classes more fun ... oh yeah, more people, more fun!

<http://www.spinning.com/spinning-shop/spinner-bikes.asp>