

The Self-Indulgent Guide to Exercising



By Gaynor

Ok, so exercise is good for us, makes us feel good and makes us look good and yet as a nation we don't exercise enough? It doesn't seem to make sense!

How come some people seem to have discovered the key to exercise? They love it, they bounce about, they've made new friends, it seems to give them energy and not tire them out, it takes them to new places, they look good, they feel good...and they do a million other things too! Grrrr!

Has it occurred to you that they may just be being **self-indulgent**?

Grab a cuppa, a healthy snack, pen and paper and indulge yourself...

So what's in it for you?

There are not many times in your life where you can ask this question without guilt, so take the time to indulge yourself.

Make a list of all of the things that appeal to you about exercising and the end results, here are some clues:

Feel better, have more energy, wobble less, meet new people, save some money, be less ratty, fit into that dress, get some fresh air, get out of the house, spend time alone, spend time with others, time to think, time to plan, live longer, reduced cholesterol, less risk of injury, less visits to doctor, less time in hospital beds, less time in traffic jams

My self-indulgent motivators are: _____

Relax and take a trip back in time

Let your mind wander back to times where you've got a buzz from exercising, seen results or just really enjoyed yourself. Were you on holiday and seeing new places? Or playing sport in a team, dancing the night away, winning awards, cycling along the river, meeting new people, getting fresh air, spending time with friends or just catching up on housework and gardening with some upbeat music? What would be your dream exercise? Alone or with people? How would it make you feel?

I'm going to have a lot of fun by _____

Have a red carpet moment

Have you got an event coming up where you'd like to look fabulous? Are you going on holiday soon? Sit back and picture it..

What are you wearing? How do you feel? Are you glad that you've been exercising, eating well and are feeling fit and healthy? What compliments are you being paid? Are people asking you what your secret is?

I'm going to feel great about myself by _____(date/occasion)

Give yourself a big pat on the back

If you start following this self-indulgent programme and are more active than you were after a month then reward yourself! You deserve it.

Some ideas: lunch with a friend, a new recipe book, an hour in a bath with candles, a fitness magazine, a new top, a manicure, a new song for your ipod....

I'm going to reward myself with _____just for me!

And so a win win plan for all parties concerned!!

(That would be you then!)