



## FOUR THINGS YOU CAN DO THAT WILL HELP YOU STICK TO YOUR WORKOUTS



Hey, lets be honest, sticking to a workout program can be tough. I come across countless people who have been on and off with working out two, three, four plus times in their life. And I get it. Once you get past collage or are in the workforce, life gets busy. Bills, kids, significant others, work, social life, a house to keep up, etc.. They seem to conspire against us to make us tired and weak. It almost seems contrived at times. But, some people still manage to do it. They are able to live a busy life, AND stay in shape. How is that? Did they get lucky? Is it an incredible amount of discipline? Special powers? Well, it just so happens that I am one of those unusual people who can stick to a training program. In fact, I've done it for over 25 years now. Pretty crazy when I think about it. And I can assure you, its got nothing to do with anything special about me.

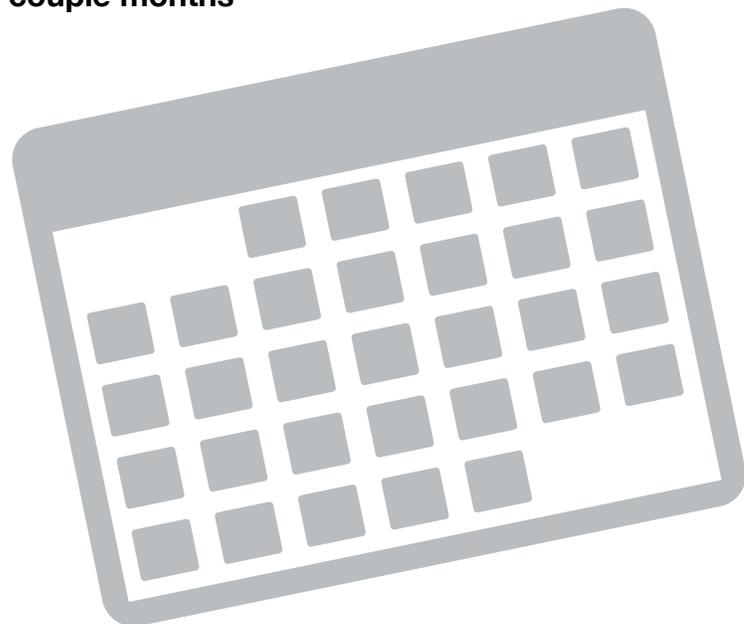
So below are the 4 things I feel will make the biggest difference in your ability to stay with the program. Give them a read, and then a go. I hope it makes the difference for you.

# PLAN IT. PUT IT IN YOUR CALENDAR

First and foremost, plan it. The simple act of scheduling it in your calendar helps to make up your mind that you're going to do it. If you don't have a calendar, get one. Planning to do it is powerful. If you fail to plan, you plan to fail. It's just that simple. You have to understand that you cannot succeed in anything without a plan. So first set a plan and put it in your calendar. An experienced trainer or coach can help you with this. If you don't have access to that, which I don't know why you wouldn't, plan something and do it. You need to get started and can adjust your plan along the way if need be.



The next part of that plan is you then have stick to it, and keep those appointments. This will be hard at first. Especially the first two weeks. But once you get past that, it will start to get easier. It still won't be a cake walk at this point (haha cake), but much more doable. What I've observed in people is, if you stick with it, after a couple months or so it will be harder to MISS your workouts, then to make them. This is a good place to be. By keeping your workout appointments, and therefor sticking to your plan, your plan will begin to start working for you. This is the point when most people begin to see real change. Not only in their fitness, but also their personal life. I'm not going to spend time on this, but winning in one area will begin to spill over into other areas of your life. Your marriage, work or carrier, relationships, will all improve from the strength you get from sticking with the program. Not to mention that your getting fitter and feeling better so your energy levels are also going up. It's all very empowering.



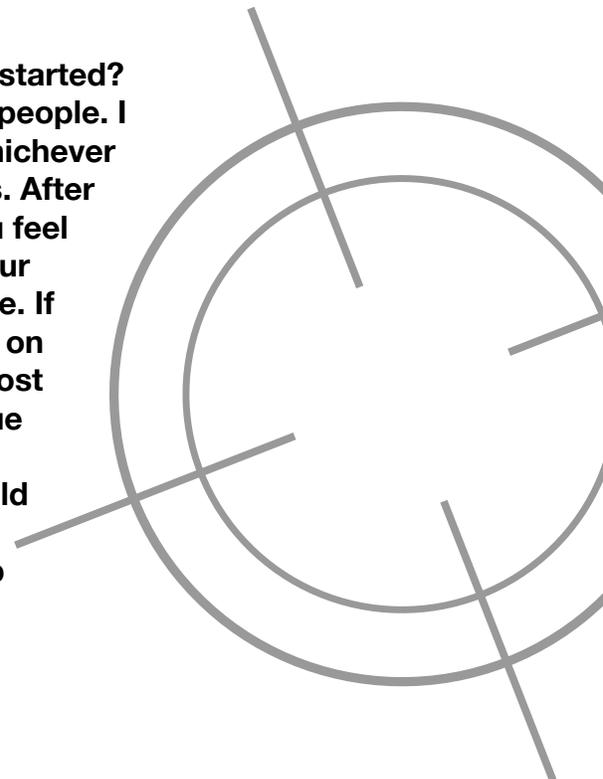
# FOCUS ON HABITS, NOT GOALS

The challenge with goals is that once the goal is reached, motivation can wain. A good example would be signing up for a marathon, or Tough Mudder or something like that. You train hard and stay focused. Maybe out of the 70 training sessions you had to prepare for your event, you only missed a few. Killed it. Diet was dialed in as well. You didn't even have the cake at your 4 year olds birthday party! Machine. The big day comes and bang-smash-pow, you crushed it! How awesome of a feeling to have set a goal and accomplish it.

So, its the day after the event and you take a well deserved rest day. Its now Monday and what the hell, lets take a rest week. I mean your body is tired, so a good solid week will be good for you, right? In actuality, it probably is. A week of rest is a good thing at the right time. The problem is your not signed up for any events, so you don't have any goals, so you never get back at. Until the next event, of course. This is what setting goals only, and not having lifestyle habits, can potentially do to you. A constant up and down of training, and therefor a constant up and down of fitness. Not a lifestyle that is applied over (this is weird) your lifetime, that creates a healthy lifestyle, and therefor a healthy person. Which is you. Fit and happy. Not fat and crabby. (Oops, did I say that?)

That's why I teach my clients to focus on Habits, not goals. Developing the habits of a healthy lifestyle will bring you continued success over the span of your life. Habits are formed daily. Its making daily decision consistently over a period of time that will start to make those daily decisions a habit. Then you just have to maintain those habits when life throws a curveball at you (which it will) over your life time.

So whats the best way to go about getting these daily habits started? I think there are a few good methods, but heres what I teach people. I recommend starting small on these daily habits. Pick one, whichever one you believe you can do, and do it for at least three weeks. After three weeks it will begin to become easier. If at that point you feel confident enough, add in another habit. Whatever you and your coach, if you have one, feel is a good new habit to incorporate. If after three weeks your feeling confident, add another, and so on and so fourth. If at some point you begin to falter, drop the most recent habit until you gain control again and then can continue the process. You may also find that three weeks is to soon. Awesome. Just decide what time frame is best for you. It could be a couple more weeks, or a couple of months. It doesn't matter, go at your pace. Its your journey. Just be sure to keep going. You will be amazed how much you can change in a year with this simple strategy. Over time, the commitment to daily habits will change you into the person you want to be.



# MAKE FRIENDS THAT WORKOUT



I'm just going to come right out and say it. You **NEED** friends that workout to be able to stay on your fitness journey. How do I know this? Before I opened my gym, all I did was train people one on one. I thought hiring a trainer was the answer for a lot of people who couldn't stick to their training program. Then that view changed. I had a client who trained with me twice a week for 18 months, paying \$600 per month. Do the math on that! The day she stopped training with me, she never stepped foot in the gym again. Not once. And last I checked, hasn't in 10 years. Isn't that crazy?? Why is that?

Well it took me years to begin to understand what was going on. You see, there are 168 hours in a week. She spent two of those hours with me. The positive, encouraging, helpful believer in her, that she could be the healthy, fit, energetic person she wanted so badly to be. The other 166 hours were spent with people who quite frankly didn't care that much if she was that person or not. They loved her just the way she was. People she worked with, people in her family, even her husband. They aren't bad people, it just wasn't that important to them, so by default they pulled her in the other direction. Away from a healthy lifestyle. Away from who she wanted to be. So, what I'm saying is you need friends who are working towards a healthy lifestyle. Who will tell you you can do it. Who are not only telling you you can do it, but are doing it with you. Its one of the biggest factors in ones success, in almost anything. Especially the journey of a healthy lifestyle. Besides, do you really want to do it alone?

# REMEMBER WHY YOU'RE DOING IT

Your why is the number one determinant if your going to make it in the beginning. It will be what you go back to and think about when your waffling on working out that day, or whatever it is your thinking about skipping out on.

I've been training people for over 14 years now. One thing I had to learn how to do when meeting with a potential new client was helping them figure out their why. We called it "peeling the onion", because you had to keep pulling back the layers in their why. The initial answer most of the time is never the real why. Things like to lose weight, have more energy, and look good in the mirror, are rarely if ever the real reason for making a lifestyle change. The real reason lies a few layers below that. What do I mean? Take the goal to lose weight, for example. A perspective client may give me that response for their reason to workout. I would then ask the simple question, why? A typical response to that would be, "well, I guess I want to look better".

Great. Why do you want to look better? After some thought, "I guess I want to look better so I feel more confident". Awesome, why do you want feel more confident? It sounds like a dumb question, doesn't it? Everyone wants to feel more confident. Why ask why? But this is where the rubber meets the road. The answer to this question is where its gets real. Sadly enough, more times than not, the peeling of the onion stops here for most people. In order to answer this question they have to get really honest with themselves, and most people are not comfortable with that. More times than not the conversation would end, the consultation would stop, and I would give them some exercises they could do in the gym. Meeting over.

Unfortunately, the chance for them to open up and get honest with themselves, exactly what needs to happen for them to make change, would stop also, and the door gets closed. Some times hard. And thats fine, some people are just not ready for a real change in their lives. Cool with me, on to the next. But here's the thing, its not about me. It's about you, and if you don't answer these tough questions, nothing happens. You stay the same emotionally, and therefore you stay the same physically because you didn't create the energy within yourself to push you and your life in a new direction. So if your going to make a real change this time, your going to have to get real honest with yourself. Dig into what you really want, and why you want it. Keep asking why until you find your answers.

This is a tough assignment, but it must be done if you really want to make it on your fitness



**journey. Once you have your answer for why you want to stick to a workout routine, the emotion of those things will carry you mentally when you want to stop. It will put some fire in your belly. So if you hit a tough spot, remember why you started in the first place and the emotion of your why, and do what you need to do that day to get the win.**

**Well there you have it. I hope this helped. If you like what you learned, please share this. If you want to reach out to me with any questions, do it, I'm happy to help.**

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