

## **Fitness – How to Get Moving, Stay Fit and Motivated.**

Physical fitness of an individual prevents him from succumbing to illness, and enhances his ability to function efficiently and effectively, enjoy leisure, and to cope with emergencies. Health-related components of physical fitness include body composition, cardiovascular fitness, flexibility, muscular endurance, and muscle strength. Skill-related components include agility, balance, coordination, power, reaction time, and speed.

The biggest hindrance that most people face when it comes to staying fit is motivation. As the seasons change so do our motivation to stay in shape. Festivals, holidays, work, and all those convenient gadgets that keep us from drudging up the motivation to get in shape or to stick to a regular exercise routine are definite culprits. But we should be totally aware of the effects that inactivity has on the body.

Heart disease, stroke or diabetes is just some of the unhealthy affects of inactivity in the body. The good news is that studies show without discrepancy that these affects can be prevented or reversed; meaning that switching from a sedentary lifestyle to an active one can be extremely beneficial over time. Exercise alone, without change in diet, can greatly reduce the risks for these diseases even in small amounts. Doing whatever you can to increase your motivation to exercise is the first step to overcoming the lack of motivation to actually do it. Any of the arrays of methods to motivate you will be of great importance. Listening to music while running, simply finding out the exercises that you truly enjoy, setting particular times when exercise is the main focus of the day, all help you to stay motivated to stay in motion. Developing a habit or pattern for exercising is the best way to stay motivated; your body will become accustomed to working out heavy at a certain time each and every time. Your mind posses the ability to create positive ideas that leads to positive actions allowing you to live a strong and healthy life. Positive self talk can do wonders for motivation as well as just viewing the results of previous attempts (i.e. thinner waistline, six pack, etc). Self encouragement is the ultimate motivation. You'll have no one to thank but yourself.

Fitness motivation is the essential part of changing your body, so creating a fitness motivation plan maybe the answer for you. For men, setting goals and providing adequate challenges work best. Changing scenery from indoors to outdoors may be the answer. If you just don't feel like exercising or giving up on an established routine, constantly reminding yourself that the pay off is great will help. Psychological benefits like increased confidence, self-esteem, and relief from anxiety, stress and depression and better sexual performance can be all the motivation that's needed. Remaining realistic about your goals will also aid in the fight to stay motivated to exercise. Setting a goal that is extremely difficult to obtain is depleting and counterproductive. Achieving a challenging appropriate goal boosts pride, satisfaction and will create more motivation.

Making the exercise routine fun by adding variety in routines, exercises, or persons that you exercise with is a likely way to stick to any exercise routine.

If you are not particularly knowledgeable when it comes to fitness issues, you should consider hiring a professional trainer to help you out with your routine. This can take a lot of the mystery out of getting fit, as your trainer will custom tailor exercises and routines for your bodily needs, so as to maximize the results that you see. This is a slightly costly thing to do, so you should be sure about your commitment to exercising before you spend money to hire a personal trainer. You can also use the amazing technology of the internet to tap the brains of professionals. There are many different blogs that are updated daily with exercise routines that anyone can do.

So setting attainable goals, adding things to increase enjoyment of the exercise routine, challenges, and the addition of a buddy to assist are all great ways to stay motivated, stay fit, and most importantly stay moving. You will benefit in the short term, and in the long run as well with physical and mental benefits in almost every way.

Source: <http://www.articlesbase.com/health-articles/how-to-get-moving-stay-fit-and-motivated-659849.html>