

## **Your Fitness – It's All About You**

Your fitness is all about you. It is not about anyone else. No one else has exactly the same fitness goals as you or the same fitness starting point. And no one else has the same life into which your fitness activities need to be incorporated. So, when thinking about your fitness, just think about you. Don't think about your best friend's fitness activities or those of your work colleagues, and don't get distracted by comparing yourself with other people.

Working out fitness activities and a routine that suits you is the key to fitness being a sustainable and enduring part of your lifestyle.

Here are some tips:

- Decide to do some kind of physical activity every day.
- Decide what kinds of physical activities you would like to include in your fitness program and work out how you can fit them into your life around family and work commitments. Be realistic.
- Write down the activities you are going to do on each day of the week, making sure that there is a mix of hard and easy physical activity days. (Remember, for the greatest fitness benefit you need to do some activities that get your heart rate up to 70-80% of its maximum for 30-40 minutes, 3-4 times a week, and you should include some strength and flexibility exercises as well.)
- Keep a diary of your fitness activities so you can see for yourself how they are fitting into your life and how much progress you have made. A diary can also help to keep you accountable to yourself and add to your ongoing motivation.
- Take 5 minutes every day to remind yourself of why fitness is important to you and why you are sticking to your fitness routine. Visualising and self talk are very effective for adhering to the decisions you have made and to achieving sustained behaviour change.
- Have a look at your diet and other lifestyle factors and make whatever changes you know are necessary to complement your fitness activities. For example, you may need to reduce your intake of take away food or cut down on alcohol. Make small changes first. Then add to the number of changes you need to make or make the changes you've already made a bit bigger.
- Seek out information and advice in the areas that you need it. You may need to get a medical clearance before doing particular activities and you may like to consult a Fitness ACT registered personal fitness trainer about your fitness program or a nutritionist about your diet.

Your fitness really is only about you. It has to suit you and your lifestyle. But the best part about this is that if you tailor it correctly it is you who stands to benefit the most.