



MAINTAINING MOMENTUM

Tips from Linda Campbell
Director Performance Psychology



When The Going Gets Tough

Modifying our exercise and nutrition habits isn't so bad when we first set out full of enthusiasm and determination. But it's how we manage the tough times that determines whether we'll reach our goals or not. So how do we stay on track when we're tempted to relapse?

Here are a few thoughts:

- Minimum your chances of stress-related vulnerability to relapse by keeping up a healthy lifestyle - balance your life, manage your time well, and get some sleep;
- Use your social supports when you need some extra encouragement;
- Log and/or graph your progress towards achieving your goals so you can see and believe in your successes;
- Learn/practice meditation and/or relaxation skills;
- Reward yourself for your achievements (but not with a Tim Tam binge);
- **Give yourself a break!** No-one's perfect so forgive yourself & get over it quickly if you have the odd slip.

Battling Weight Loss Plateaus

So you've found yourself on a weight loss plateau? The good news is, as long as you're not *gaining* weight, there's no need to panic. Plateaus are a normal and expected part of any weight loss program. They occur in response to the body adapting to a change in its energy balance – that is, less energy in (food) and more energy out (activity).

If it's time to lose some more unhealthy body fat, then you'll need to fight your body's natural tendency to adapt by introducing a "shock factor". Try revisiting your exercise routine - change your type of exercise, increase the intensity or duration of your activity, or work out more frequently. Another option is to change your dietary intake. If there's still scope to reduce your calories or fat intake, do so, and consider changing to a less familiar type of food for a while.

Be patient and be persistent. Accept that it took a long time to become overweight, and it takes a long time to reverse that state. In the meantime, focus on the positive outcomes from your weight loss so far – perhaps improved moods, confidence, energy levels, and sleeping patterns? You might not be "losing" – but you're not losing!

Newsletter highlights:

- Give yourself a break—forget about perfectionism!
- Weight loss plateaus are *normal!*
- Holidays needn't send you backwards in your goals.
- Exercise has great psychological benefits.
- Test your exercise motivation on page 3



Holidays and Exercise

There's nothing worse than the feelings of guilt and disappointment that follow the period of holiday sloth and indulgence. Of course, it's important to have some time out from your usual frantic routine to enjoy the break with your family and friends. But there are ways to avoid undoing all your good work.

If you're travelling out of town, do a little research before you go. Call ahead to the hotel and ask for recommendations for local running paths, hiking trails, scenic walks, and information about the use of the hotel's own exercise facilities. Exercising on a holiday needn't feel like a chore if you use it as a way of exploring, sight seeing, or trying out some new equipment or classes for a bit of variety.

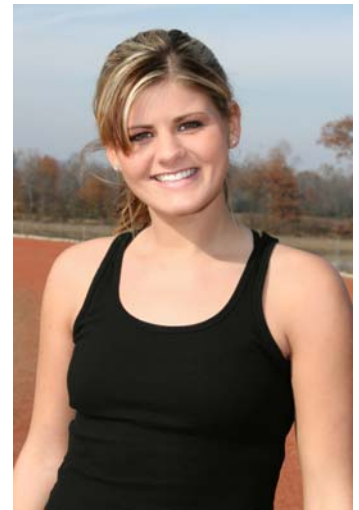
Be prepared. Be sure to pack some comfortable clothes and running shoes so you can make the most of your new locale. Consider taking along a few items to give you a wide range of alternatives depending on your mood at the time. For instance, you could take a skipping rope, some resistance bands, and some swimming goggles. Don't worry too much about achieving maximum intensity, just focus on staying active while away from home.

Take advantage of your new surroundings, be creative, and enjoy yourself. Slip a long walk on the beach or up a mountain into your routine.

If doing push-ups in a hotel room doesn't sound like much fun, then book yourself in for some horse riding, surfing lessons, cycling, roller blading, canoeing, or a guided bushwalk. These are often activities the whole family can get involved in.

Even if you're staying at home over your holidays, there's nothing stopping you from incorporating some of these activities into your time off to help make it feel like a real break in your usual routine.

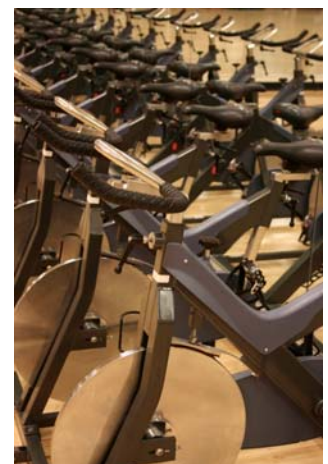
With a few strategies in place, you should be able to jump straight back into your training routine again without losing much fitness or enthusiasm at all.



"Exercising on the road needn't feel like a chore if you use it as a way of exploring, sight seeing, or trying out some new equipment or classes."

Top 10 Psychological Benefits of Exercise

1. Reduced anxiety and enhanced stress resilience
2. Improved sense of well-being from endorphins and other hormones
3. Decreased depression and aggression
4. Distraction or break from sources of stress
5. Improved quality and quantity of sleep
6. Improved memory retention and learning
7. Enhanced sense of achievement and self-worth
8. Effective reduction of pain frequency and intensity
9. Feel stronger, slimmer, firmer, more in control, and more together
10. Improved self-confidence and self-esteem from social interaction



Test your exercise motivation over the page...

What Type Of Exerciser Are You?

*Circle the number corresponding with your yes/ no response,
then total your score.*

	Yes	No
I exercise because other people say I should	1	0
I exercise because my friends/family/partner say I should	0	1
I exercise because it's fun	1	0
I exercise because others will not be pleased with me if I don't	0	1
I find exercise a pleasurable activity	1	0
I feel pressure from my family/friends to exercise	0	1
I exercise because I like to rather than because I feel I have to	1	0
Exercising is not something I would necessarily choose to do, rather it is something that I feel I ought to do	0	1
I enjoy my exercise	1	0
Having to exercise is a bit of a bind, but it has to be done	0	1

My total: _____

*The higher the score (0 – 10), the more likely you are to stick with
your exercise programme.*



Great Motivational Songs To Download

- *Tubthumping* by Chumbawumba
- *Heroes* by David Bowie
- *Pump It Up* by Elvis Costello
- *The Only Way Is Up* by Yaz
- *Ain't No Mountain High Enough* by The Supremes
- *Simply The Best* by Tina Turner
- *Keep On Running* by the Spencer Davis Group
- *Proud* by M People
- *I Feel Good* by James Brown
- *We Will Rock You* by Queen

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Helping ordinary people
do extraordinary things.

At Performance Psychology, we believe strongly in the value of preventative mental health. That's why we specialize in helping our clients increase their capacity for withstanding life stress. We do this in a number of ways. We conduct a "needs analysis" to determine the nature of clients particular challenges and audit their strengths and weaknesses in their personal tools for coping. Next we design and conduct interventions in close cooperation with the client. These could include sleep optimization, moods management, assertiveness training, health education, and facilitation of practical resources. The focus is on equipping clients, in as short a time frame as possible, with everything they need to enhance their enjoyment of life.

When you're ready to make some real changes for the better, call us for an appointment on:

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*"Motivation is a fire from within. If someone else tries to light that fire under you, chances are it will burn very briefly."
Stephen R. Covey*