

How To Get Motivated For A Workout

By Ashley Kaltwasser

We all have those days where we just don't feel motivated, or just feel BLAH. Believe me, I have plenty of those days too! But, if you're having one of those days, erase those negative thoughts from your head and just GO FOR IT!! You may be surprised to find that once you're in the gym, and get yourself in the zone, you'll end up having one of the best workouts.

Things to think about

Sometimes getting to the gym itself is the hardest part! It's a mind game we play with ourselves.

A workout is only a small portion of our day. We will feel so much better once we are finished.

A few tips to get motivated:

- Grab a partner to make you accountable. Sometimes partner workouts can be more fun!
- Try taking a pre-workout to get you HYPED! If you're not a fan of pre-workout, coffee is great too.
- Create a motivational playlist on your phone, and play it as you get ready for the gym.
- Watch a few of your favorite motivational YouTube videos (Like my channel, for example 😊).



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Analyze your mindset ...

- Ask yourself, "Why am I dreading the gym?" Change your mindset like a light switch from negative to positive!
- Switch up your workout routine! Maybe you're not looking forward to your workout because you're getting bored.
- Tired of the same treadmill workout every week? Try taking that run outdoors if the weather permits.
- You can also switch up your gym too!
- Enroll in a workout class. This is a way to hold yourself accountable...and it's also nice to not think about what you have to do, someone is guiding you through it! I have personally been taking OrangeTheory classes in place of my cardio.
- Reward yourself when meeting a goal. For example, if you complete all your cardio and weight lifting sessions for the month, you can reward yourself! I would not recommend you necessarily reward yourself with food, but rather a pleasant experience such as a massage, pedicure, or even a little shopping.
- Last but not least...stop reading this article and get to that workout! 😊



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