



EXERCISE ISN'T BORING! YOU ARE!!

NAME:

DATE:

This worksheet is a supplement training guide to “EXERCISE ISN'T BORING! YOU ARE!!” video published on March 30, 2016.

Boredom is a common reason for not sticking with an exercise program. If you lack a get-up-and-go attitude when it comes to exercise, then you may need to spicen up your routine. Regular exercise is a major stumbling block for most people, so let’s take a look at some action steps those that hate exercise can do, as well as new ways to think about and approach exercise. If your motivation (or creativity) is lacking, try some of these workout ideas and you’ll never dread another workout again!

Download our FREE WORKSHEET for this video here: <http://journeytopersonalgreatness.com/greatness-training-guide/>

Do you find exercise boring? If yes, why? If no, share what makes exercise enjoyable for you.

Action Steps:

Do What You Love

You don’t have to perform formal exercise to get the benefits. Find something that you love! Something that makes your workout feel more like playing, and you’ll still build your heart, muscles, and bones. It could be dancing, hiking, mountain climbing or anything that gets your heart rate really going. Tennis is a game that you can learn now and play for life.

Have you find the activities you love? If yes, what is it? If no, think deep of what makes you feel that workout is like playing.

Add some flavor in your exercise

It's always a challenge to keep your workouts exciting. One week will be amazing, the next will be satisfactory. It happens to the best of us. Add spice in your workout, challenge yourself, tweak your workout to keep intensity up, and avoid boredom in the gym.

How can you spice up your workout?

Be Consistent

Working out with consistency is an essential process to achieve your desired fitness results. Creating a workout plan will help you to achieve greater consistency. A commitment to a regular workout regimen will increase your fitness level, improve your health and generate a greater sense of mental well being. With good mindset, some simple planning and a little motivation, you can start (and keep!) a consistent workout schedule—for good.

How can you improve your consistency?

Our JTPG and peak performance online classes will begin soon. Sign up to our website, follow us on facebook and twitter, and subscribe to our Youtube channel so you can be the first to be informed when we begin the journey to your personal greatness.

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