



HealthyBodyHealthyLife
with *Melissa Koerner*

Total Transformation Module 5 – Part 1: How to Motivate Yourself to Exercise

With Nutrition, Fitness & Integrative Medicine Health Coach Melissa Koerner

1

I Don't Have Time to Exercise!

- There will **always** things that need to get done and not enough time to do them.
- You tell yourself you'll start tomorrow or Monday, but when the time comes something that "needs to get done" always takes **priority**.
- If you wait to exercise until everything gets done—you'll **never** exercise!

2

I Don't Have Time to Exercise!

- Think about some of the things in your life that you make a **priority**.
- For example, spending time with your family, finishing work-related tasks on time, cleaning your house etc.
- These are all things you do because they're **important** to you.

3

I Don't Have Time to Exercise!

- Making exercise a daily priority starts with making it something you **value**.
- If you don't value exercise and you see it as a **chore** then you'll never make the time to do it because you have a **negative** association with exercise.

4

Remember the Pleasure Pain Principle!

5

Focus on the Feeling Exercise Gives You

- Exercising should **never** feel like an added chore—it should feel like a natural part of your lifestyle and something you **ENJOY**.
- Do activities that make you **feel GOOD** physically, mentally and emotionally.
- Focusing on the **pleasure** you get from exercise is the real motivator.
- When **enjoy the feeling** the physical activity gives you, you'll make the time to do it—in fact, you'll **look forward** to it.

6

Focus on the Feeling Exercise Gives You

- If you're not sure what you enjoy, to **try something new** until you find something you like.
- Think about the kinds of physical activities you want to be able to do with your friends and family for the **rest of your life**.

7

Set Realistic Expectations Around Exercise

- We have the tendency to tell ourselves we **"should"** be exercising more and we create this **"ideal"** picture of what our daily exercise habits **"should"** look like.
- But this idealistic thinking often **prevents** us from either getting started or being consistent with daily movement.
- When you say **"I should exercise"** you're imposing someone else's values onto yourself and this will **NEVER** motivate you to get moving.
- **STOP** "shoulding" on yourself!

8

Set Realistic Expectations Around Exercise

- Aim to move in some fashion for at least **30 minutes** per day.
- You can break it up into **smaller intervals** i.e. 15 minutes twice per day, 10 minutes three times per day, five minutes six times per day etc.
- Remember to do what you **enjoy**.

9

Why is Movement So Important?



10

Biologically We're Meant to Be Active

- But modern-day living has encouraged **sedentary** lifestyles.
- Without proper movement we **suffer** not just physically, but mentally and emotionally.
- With enough movement each day, we **support** our physical, mental *and* emotional health.

11

Exercise is Not Just About Your Weight

Benefits of exercise on your brain health...

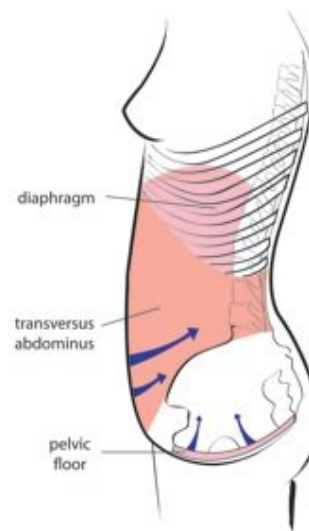
- **Increases growth and regeneration:** 1.) It promotes the brain's ability to adapt and grow new brain cells, **regardless** of your age. 2.) Research shows it helps **fight** dementia.
- **Fights depression:** Studies show 1.) Its efficacy **surpasses** antidepressants and 2.) Women who don't participate in any physical activity have a **99% higher** risk of developing depression than those who exercise.
- **Boosts creativity and problem solving skills:** Walking opens up the free flow of ideas.

Reference: Mercola.com, *The Remarkable Effects of Exercise on Cognition and Brain Cell Regeneration*

12

Exercise Stimulates the Biological Pumps

- 3 primary **biological “pumps”**: Abdominals, pelvic floor muscles, and diaphragm.
- Moving creates **rhythmic pumping** - muscles contract forcing water, blood, and oxygen through out body.
- These “pumps” **distribute nutrients** to your bones, muscles, joints, and organs, and they also help **remove waste** products.



13

If you don't pump your body with enough movement each day...

You don't move **fluids** throughout your body.

This means you don't **feed** your body the nutrition it needs, *and* you don't **remove** the unwanted waste it doesn't need.

And this creates **INFLAMMATION!**

14

Lack of movement **starves** your body of nutrition and creates a **stagnant** state inside you.



15

Lack of Movement = Sickness and Disease

- **Low Energy Levels**
 - ✓ Pumping **transports** nutrients through body.
 - ✓ Movement in itself also **produces** energy.
- **Difficulty Managing Blood Sugar Levels**
 - ✓ Movement keeps muscles **sensitive** to insulin.
- **Weight Gain**
 - ✓ Becoming less active causes you to **store** excess sugars in your fat cells.

16

Lack of Movement = Sickness and Disease

- **Increased Risk of Disease**
 - ✓ Constipation means **not removing waste**, which leads to the body being backed up with rotting, indigestible foodstuffs, toxic bacteria, microorganisms and other toxins remain.
 - ✓ Left long enough, can cause **disease** (i.e. colon cancer).
- **Chronic Aches and Pains**
 - Lack of movement **starves** body of water, nutrition, and oxygen.
 - Difficult for tissues to **repair** from wear and tear of daily living.
 - Creates **inflammation** in areas needing movement and nutrition.

17

Make the Commitment NOW to Get Moving

- It's so easy to get caught up our daily responsibilities and put our health and fitness needs on **hold** until the "right time."
- But the truth is there **never** is a right time.
- You just need to **decide** to do it and get moving!
- Once you **start**, you'll feel so good and you'll want to keep that feeling alive.
- Start by setting a **small** goal and slowly build your way up.
- Remember the **Pleasure Pain Principle!**

18

Next Up...

**Module 5 – Part 2:
How to Build Exercise into Your Day**