



## How to get into a Health and Fitness routine!

“Whether you think you can, or whether you think you can’t, you’re right!” – Henry Ford

Ford said these now much quoted words above over a Century ago, and no doubt it was something prompted by the automobile empire he was creating. However, this quote is so apt for fitness, nutrition, health and well being. So, where do you start?

There will always be excuses about why you shouldn’t exercise and how you can’t exercise. You know the ones - ‘Life is busy’, ‘other responsibilities’, ‘I’m so tired’ etc! Whether they be work, family, or a combination of all of these. And we all have TV shows we want to watch, household chores to do, and of course the Internet, the biggest excuse to not start anything bar none! ( I appreciate the irony of you reading this on the Internet!). The key is to make time, and then make this time into your Health and Fitness routine. The main thing is to just get out there and start!

If it’s 10pm at night and your reading this, make a plan as per below on how you can start structuring some Health and Fitness time into your day! If it’s 6am in the morning right now, then go, go GO – you have time to start, right now! You don’t even need runners. You can train on grass, and an old pair of shorts and a t-shirt is all the fitness apparel you will need!

How do you get the motivation to keep going? It’s all about routine, rather than being in a rut! Routine is very underrated, however it is the natural enemy of the ‘rut’! If you’re stuck in a rut, whether it be an exercise rut, nutrition rut, or the ‘I-don’t-have-enough-time’ rut, come out all guns blazing with routine! Figure out what the sources of these rut’s are by making a list of activities you do on a daily basis, a type of ‘Rut Diary’ if you will!

Make two columns, one labeled ‘ Things I MUST do’, and one labeled ‘Things I NEED to do’. The last column is ‘Things that HAPPEN’. This column is important initially as it’s going to be the areas that cause your rut.

A very simplified example would be:

### Things I MUST do

Sleep

Wake kids/Partner up

Eat Breakfast

Shower

Drop Kids / Partner off

Go to work

### Things I NEED to do

Go for 20 minute run / swim

Stretch for 5 / 10 minutes

Read article on Healthy Nutrition

Do 25 minute Circuit Training /45 minute Resistance Training

### Things that HAPPEN

Sleep In

Kids grumpy at being woken up

No time for breakfast

Traffic is bumper to bumper

Late to work, Boss annoyed

Angry Customer emails

Essentially, the 'MUST' list items are the things that you just do as part of your everyday life. They are necessary for survival, and the survival of those around you.

The 'NEED' list items are the things that you know will make a difference to you and your life, and will eventually enhance the things on the 'MUST' list.

The 'HAPPEN' list items are just life! These are things that are either in or out of your control. The important thing with these is to fix the things that are in your control (sleeping in, having breakfast), and letting the things go that are out of your control such as grumpy kids (what kids aren't grumpy waking up first thing in the morning?), bad traffic, angry Customers and so on.

The next step is to map out or diarise times for each item on your list, but this time excluding the HAPPEN list. As mentioned above, these things will just occur anyway, and they will always be changing.

The 'MUST' and 'NEED' items below are in your control and will help turn that rut into a routine. For example:

#### Things I MUST do

Sleep – 8 hours, wake up at 6am

Wake kids/Partner up – 6.45am

Eat Breakfast – 7am

Shower – 7.20am  
Training –

4pm, or 5.30pm. or 6.30pm

Drop kids off at school / Partner off at work –

8.15am

Go to work – 8.30am

#### Things I NEED to do

Go for 20 minute run/swim – 6.15am – 6.35am

Stretch for 5 / 10 minutes – 6.35am

Read article on Healthy Nutrition – 12pm

Do 25 minute Cardio Circuit Training, or 45 minute Resistance

Once this is done, integrate the two as per below, using colour coding to indicate what is a 'MUST' (in green) versus a 'NEED' (in blue):

## Things for TODAY

Sleep – 8 hours, wake up at 6am

Go for 20 minute run/swim – 6.15am – 6.35am

Stretch for 5 / 10 minutes – 6.35am

Wake kids/Partner up – 6.45am

Eat Breakfast – 7am

Shower – 7.20am

Drop kids off at school / Partner off at work – 8.15am

Go to work – 8.30am

Read article on Healthy Nutrition – 12pm

Do 25 minute Circuit Training, or 45 minute Resistance Training – 4pm, or 5.30pm. or 6.30pm

Your day will become more structured and you'll have more energy, thus actually creating more time for yourself and those around you!

There will be different 'MUST' and 'NEED' lists for everyone. Things such as commuting method, distance from work, and relationship status amongst other things will need to be tweaked for your own personal circumstances. The point is to plan ahead and schedule a structured Health and Fitness program into your life, so it becomes routine, and you get out of the rut!

Just ask Henry Ford!