

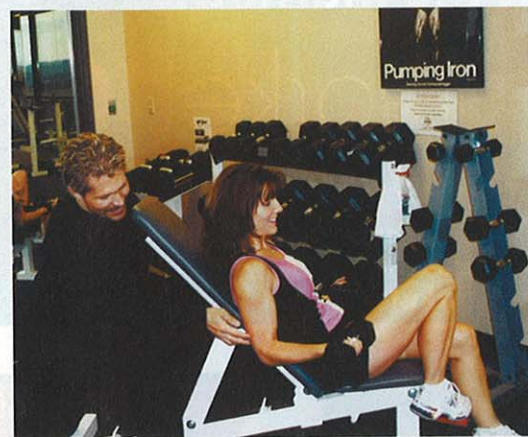
# Exercising Judgement

Top 10 tips on staying focused and motivated in your program as things get busy

By Jeff Bergoletz

**1.** If you have to cancel because of your schedule becoming busy, make sure you reschedule a workout session the same day you cancel. This way you won't affect your workout consistency.

**2.** Set monthly short-term goals that cause you to work out or train for something (a trip to the beach, for instance, or a cruise—events for which you know you'll want to look your best).



**3.** It's a known fact that having a personal trainer or training partner is the ticket to staying consistent and motivated. If you can't afford a personal trainer, the next best thing is choosing a training partner—a partner who has the same exercise interests and something close to the same routine. Your goals can be different, but what counts is if you both can play off each other's motivational upswings and downswings. The accountability that comes from being together will give both of you focus and great results.

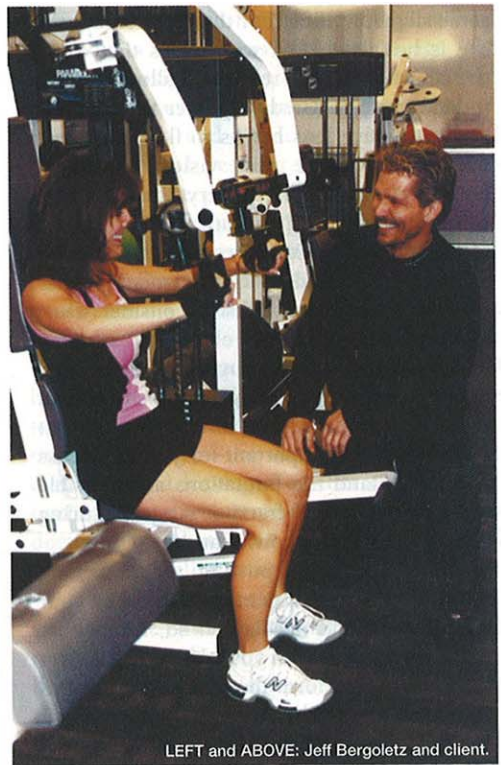
**4.** Vary your workout program. The worst thing to do is the same program over and over. Get with a knowledgeable trainer or research the internet to come up with a different program at least every six weeks. You'll look forward to the change.

**5.** Each workout should feature some kind of personal accomplishment—what I call a Personal Best. Five more reps on a particular exercise, 15 more minutes of cardio, or increasing your weight. You need to walk away from every workout winning.

**6.** A great motivational tool is to journal after each workout. This may sound a bit tedious, but it's actually a very strong tool that will lead to serious progress. Write down your exercises, weights, repetitions, cardio time, etc. Even document your emotions and attitude for each workout. This will give you a track record over time to be able to identify periods of progress and inconsistencies.

**7.** When you really get busy, one of the greatest tools I suggest is to try to perform your workout session first thing in the morning when you get out of bed. My experience has been the longer you wait to fit your workout into your day, the more projects or appointments you'll run into conflict with. Before you know it, the day is gone and you're too exhausted to work out. The earlier the better.

**8.** Have a phone partner. Usually this is your personal trainer or your workout partner—someone to call and check on you each week to see how



LEFT and ABOVE: Jeff Bergoletz and client.

your workouts are going or to motivate you to get back into it if you've been missing.

**9.** Learn to prioritize your workout session. When you become busy, you don't forget to brush your teeth, you don't stop sleeping and eating. Schedule your week of training a week in advance each week.

**10.** Create a weekly reward system at the end of each week. If you get your three to four workouts accomplished, then allow yourself the right to one cheat meal or buy yourself a special gift. This gives you that positive reinforcement we all need for working hard.

Jeff Bergoletz is a certified trainer at Takes 2 Fitness.

## Spring Fever

Five ways to get your body beach-ready in one month

By Jeff Bergoletz

**1.** Cardio, cardio, cardio. Perform cardiovascular exercise on a cardio machine or jogging at least six out of seven days per week.

**2.** Cut your carbohydrates back to carbs from vegetable sources only and eat a higher intake of protein grilled or baked.

**3.** Three to four days of a one-hour strength-training program. Perform total body workouts with the repetitions ranging from 15-20 reps. Keep the weight moderate, not too heavy.

**4.** Drink plenty of water each day—approximately 10-12 glasses per day.

**5.** For one month cut out all soda, diet soft drinks, dairy products and alcohol.

Jeff Bergoletz is a certified trainer at Takes 2 Fitness.