

TOP 8 TIPS TO GET FIT NOW



#1 RESET MINDSET

Mindset is everything. A great fit body takes consistent effort. If you aren't ready to put in the effort on a daily basis, then you already lost the battle. Get into a healthy lifestyle mindset.



#2 TREAT YOUR BODY LIKE A TEMPLE

Take an inventory of what you are eating and drinking. Make sure you are eating mainly vegetables and hormone-free meat. Your body will be there for you when you need to heal from a cold or repair your muscles, as long as you nourish it with only the best. Don't expect to be looking all that when you eat and drink shit.



#3 WORKOUT REGULARLY

Exercising at least every other day keeps your muscles loose for your next workout and prevents injuries. Come up with a schedule for which days and times you plan to workout. Even writing down what type of exercise you plan to do is very helpful to keep you on track.



#4 SWEAT REGULARLY

Sweating speeds up detoxing your body and boosts your endorphins making you happy. Who knew sweating is the magic happy pills and becoming superhuman?! Besides exercising, try going to a day spa for an afternoon to sweat in the steam and sauna rooms and baths. Watch how relaxed and how much clarity you feel after sweating at a spa for at least three hours.



#5 DO LESS CARDIO

Doing too much cardio or only cardio will give you a lean body but a lack of definition. After stretching, cardio is great to raise your pulse quickly to warm up your body. Instead of doing a half-hour or more of cardio, try doing 10-20 minutes of cardio then focus on exercise that will tone your body.



#6 GAIN MUSCLE MASS

High-intensity interval training is the quickest technique to tone your body. Short bursts of exercise using your body weight and some extra weights will raise your metabolic rate and help you burn more calories even after your workout is over.



#7 JOURNAL

After you exercise, take five minutes to write down what you did for exercise and how you feel. Set goals each week you want to hit. Example: This week I will do 20 push-ups each time I work out.



#8 GROUP EXERCISE

Working out with others will keep you motivated and keep pushing you to new limits. Many gyms have classes daily that will keep your workouts fun like yoga and Zumba. Joining a group on Meetup.com to meet new people while working out is fun too. There are many hiking groups and other fitness groups.

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