

## **Tips and tricks for motivation**

### **Tip 1: stay relaxed and realistic!**

Everything in life takes time! Don't expect miracles after two to three months!  
Always think in small steps and goals.

### **Tip 2: record your training goals!**

Set yourself concrete long-term, but also manageable short-term goals as well as main and secondary goals that you want to achieve.

Write down your goals! For example, hang a piece of paper with a certain body weight that you want to achieve, the number of pull-ups you want to do or the number of kilometers you want to run on a mirror or some other clearly visible place. So you always have your goal in mind, even if you sag.

### **Tip 3: record your training successes!**

Record your exercise programs and results in a training diary or training plan. So you can see exactly what you have achieved. That motivates for new tasks!

### **Tip 4: Train exactly according to plan, especially in the initial phase!**

This is a good way to start your training. If you have overcome your "weaker self" during this time, you will be happy and proud to have "done something" and notice that your body feels good after training. You will enjoy progress and be motivated to stick with it.

### **Tip 6: vary your training!**

Nothing is more boring and monotonous than always training the same! In addition, a standard plan that is always the same no longer brings any training success. Try to keep changing equipment, varying exercises, increasing weights and changing training programs. In this way you are constantly setting new stimuli for your body and you are getting closer to your training goal step by step.

### **Tip 7: Communicate regularly with the trainers on site about your training!**

In this way, he can better accompany you in your individual training, show you new exercises and help over motivation holes.

### **Tip 8: plan fixed training times!**

If you schedule your workout for specific days of the week and times of the day, it becomes easier to become a habit and routine.

### **Tip 9: if possible, train in the morning!**

No one can take this unit away from you, no matter what the day brings. The rest of the day can be spent with the good feeling of having already achieved something.

### **Tip 10: Find a "nearby" training location!**

Half an hour's journey by bus or train can be a big hurdle after a hard day of study or work. Take your sports gear with you to university / work and go to studiFIT immediately after the lecture / work or in between. So you don't have to pull yourself together for a long time and you can also flexibly insert a training unit into the daily routine.

**Tip 11: Find a training partner!**

Everything is even more fun as a team! It is best to make an appointment, then you can better overcome your "inner weaker self" and forget excuses.

**Tip 12: Better to shorten your training than not at all!**

If you have little time to exercise or do not feel like exercising, try to negotiate a compromise with yourself. Just do a short workout of 20 minutes. In this way you can maintain your performance and avoid the disadvantages of restarting or even stopping training. In addition, after 15-20 minutes, the desire for a full workout often arises.

**Tip 13: reward yourself regularly!**

Treat yourself to something special when you have achieved a sub-goal! Show yourself appreciation for your persistence . If you don't feel like training, think about what you could consciously do good after training. That motivates sustainably for the future.

**Tip 14: educate yourself!**

The more you know about training, sport, the body, nutrition, etc., the more fun you will have with training and the more responsibility you take on for your own well-being.

**Tip 15: be proud of yourself!**

If you have lost three kilos, for example, take a corresponding dumbbell in your hand and imagine that you have carried this weight around with you beforehand. It is great joy to "have it easier now".

**Tip 16: face your problems!**

The "inner weaker self" especially likes to spread when we are burdened by conflicts, our longing for affection and relaxation is not fulfilled. Be active, don't avoid everyday problems, but solve them. Be self-determined!