

YOUR FITNESS JOURNEY

9 Kick Off Questions...



THE SPACE TO PROGRESS

1. The Big Question

Why?

We work hard with our members to make sure that they have a strong “Why” when they begin their fitness journey with us.

Maybe you play a sport and want to improve your strength or stamina. You could be a parent who is looking for more energy and longevity to help enjoy your kids’ childhood. You could be in a high pressured job and need more endurance and resilience for the pressures that are consistently coming your way.

A good thing to do when considering your “Why” is to go through some of the main areas of life and list the ways that getting into great shape will help you in them.

These can include:

- Physical Health and Well Being
- Personal Development
- Finance
- Family and Friends
- Profession/Career
- Social/Entertainment

Setting Goals

Once you've gotten your "Why" defined, you can start listing some goals.

For example if you want to be more energetic when spending time with your loved ones, a goal might be to reduce your blood pressure or resting heart rate.

Maybe you want to increase your confidence so that you bring more of yourself to a significant relationship – your goal then might be to drop a clothes size.

An important thing here is to ensure that **you are working towards goals that you want to hit**. Not chasing after results that you think others will be impressed with or want you to attain.

Along with this, make sure that you're looking at things that you can gain, not just lose. So maybe instead of chasing the holy grail of weight loss, look at what you might gain. How does being able to do your first press up sound, for example? Or being able to do a chin up? Maybe you'd like to reach a certain distance on the air assault bike. Being slightly creative with your targets can help motivation levels greatly.

2.

What?

What are you prepared to do to hit your goals? Are you prepared to get three to four workouts a week in for example? Willing to develop more awareness around your nutritional habits?

Define clear goals and you are more likely to commit to the actions needed to achieve them.

Going through what you are prepared to do to achieve your goals will also give you a good insight into how long you are likely to take to achieve what you would like to.

For example if you're only willing to commit one workout a week and want to keep eating 3 takeaways a week and have a few drinks at the weekend, don't expect to hit any weight loss goals too quickly.

Remember that you can't get annoyed about the things you don't achieve through the work you don't do...

3. Where?

Where are you planning on doing your workouts? Wherever it is you need to make sure that it's a location that is maintainable and doable long-term for you.

Do you need to make arrangements to get away slightly early from work at certain times? Do you need to organise a babysitter? Would your other half like to come along and train with you some evenings?

4. When?

Taking all domestic/professional responsibilities into account, when is a good time for you to exercise? Do you prefer mornings to evenings?

5. Enjoy Yourself

What types of exercise do you enjoy doing most? Yes there will be exercises you may not necessarily enjoy but you will need to do, however for the greater part you will need to enjoy your regime. This will make it far more likely that you will stick it out long term.

6. Accountability

Most people need some form of accountability, whether that's to make sure that you are getting your workouts in, pushing hard enough in them and keeping consistent. These are key factors to help you get the results you will be after.

7. Injuries/Restrictions?

If you have any injuries that may prevent you from doing certain exercises you'll obviously need to **take them into consideration**. For example there is no point in joining a wrestling class to get fit if you have chronic back issues!

If you are particularly concerned about any injuries then a period of **Semi Private or 1-to-1 Personal Training** would likely be the best option to start with. This will give you the chance to work around your injuries and build confidence around getting back into the gym at the same time.

8. Are You Excited?

By getting started you are literally giving yourself what we feel is the best present anyone can receive, **better health, fitness, energy, confidence, and longevity.**

If you don't feel excited about this prospect, we recommend that you go back to your vision and goals and look at putting a number of more compelling reasons together for yourself. If you genuinely look at how you can positively impact your life, you will not be able to be anything other than enthusiastic and excited about getting fitter, stronger and healthier.

9. When Can You Start?

"The best time to plant a tree was 20 years ago. The second best time is now." Chinese proverb.

This very much applies to your health and fitness regime. Don't wait until "The New Year/next week/Monday etc. Get your health vision together asap and then start creating the habits to help you achieve the fitness, health and vitality that you deserve.

We can absolutely guarantee that the results you achieve will be worth it.

A handwritten signature in yellow ink, appearing to read 'Shane McShea', is written in a fluid, cursive style. The signature is positioned above the name 'Shane McShea - Owner' which is printed in a smaller, yellow, sans-serif font.

Shane McShea - Owner