

TAKE IT IN STEPS

When it comes to motivation, our brains are mysterious creatures. One minute you're pumped, full of enthusiasm. A few weeks later the excuses start to creep in, and before you know it you haven't been to the gym all week.

The good news is you're not alone. The thoughts you experience when you're just getting started with fitness are part of a well-studied science¹. Research shows there are a few key things that will guarantee you keep coming back for more.

1 CONTROL YOUR WORKOUT

Take steps to actively manage both the duration and intensity of your training. Trying anything new can be intimidating and the key to success is to go easy on yourself and start slow. If you're heading into a fitness class, you don't have to stay for the whole workout. Give the first few tracks a go, and build up slowly from there.

2 FREQUENCY BEFORE INTENSITY

It's more important to get into the habit of exercising, before you worry about how hard you're working. Remember to take the easier options offered by your instructor and feel good about what you can do – not what you can't.

3 CELEBRATE THE IMMEDIATE WINS

Focus on the gains that occur as soon as you become active: increased energy levels, feeling more positive, or the endorphin high you get straight after a workout. These things happen straight away, and are much better to focus on than long-term aesthetic goals like getting a smaller butt.

FOLLOW A PLAN

SIX WEEK WORKOUT SCHEDULE

WEEK	CARDIO	STRENGTH	CORE/ FLEXIBILITY
1	1 x 20 mins	1 x 20 mins	1 x 10 mins
2	2 x 20 mins	1 x 30 mins	1 x 20 mins
3	2 x 30 mins	1 x 30 mins 1 x 20 mins	1 x 25 mins
4	2 x 35 mins 1 x 20 mins	1 x 60 mins	1 x 40 mins
5	2 x 50 mins 1 x 20 mins	1 x 60 mins 1 x 20 mins	1 x 60 mins
6	2 x 60 mins 1 x 30 mins	1 x 60 mins 1 x 40 mins	1 x 60 mins

THE NEXT 12 WEEK CHALLENGE

WEEKS	CARDIO	STRENGTH	CORE/ FLEXIBILITY
7-18	3 x 60 mins	2 x 60 mins	1 x 60 mins

The SMART START fitness schedule is proven by science and combines a fun mix of cardio, strength, core and flexibility sessions.



CARDIO exercise is great for burning calories and important for your heart health.



STRENGTH training builds lean muscle and helps with long-term weight loss.



CORE strength is critical for building a strong body to create the best platform for all other exercise.



FLEXIBILITY reduces chances of injury, increases mobility and improves your posture.

