

# JULY *and* August

ISSUE 10



## Summer Challenge

*The Free Session for July/ August goes to the most improved client. This can be ANYTHING. To the client who makes the most change while I'm gone. Change in eating habits, exercise habits, weight loss, etc...Wow me and you win!*



## ✧ Motivation ✧

### WHAT KEEPS YOU GOING?

Staying motivated is key when it comes to weight loss, or any goal for that matter. First off, there needs to be an internal drive. You have to WANT it. You have to be willing to put the work in, even during the hard times. Everyone has busy lives, and you can't let that be your excuse. That is lifestyle changes are so important. Life gets crazy, so don't let your goals go to the wayside. Everyone is motivated differently, but once you have the internal drive, it's all about accountability. Here are some ways to make yourself more accountable:

**SET GOALS.** Reaching an accomplishment can be very rewarding and keep you going. **TELL PEOPLE AROUND YOU.** The more people that know what you are working for, the bigger support system you will have. **LOG YOUR PROGRESS.** Keeping track of how far you have come, can help motivate you to keep going during the tough times. **EXCUSE BUSTER.** Write down all the excuses that you come up with not to reach your goals. Now go through each excuse and come up with a rebuttal. Being aware of what is standing in your way of success can be very powerful.

## Recipes

*Healthy Recipes are now on the [Fitspokane.com](http://Fitspokane.com) website, under the Nutrition tab. Check 'em out.*

Do you have a recipe you would like to see on there? Email it to me at [nikkistrongfitness@gmail.com](mailto:nikkistrongfitness@gmail.com) and I will post it.

Don't forget to keep meal planning! Being prepared is half the battle!

