



## “Maximizing Motivation”

*Extend Your Fitness Resolutions*

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### **1. COMMUNICATION - STAY IN TOUCH**

- Join facebook groups, read blogs, read about the latest trends in fitness in magazines
- Stay in touch with your physically active friends and family members. What are they doing to keep moving?

### FITNESS LEADERS

- In Class have one interaction with each participant at each class. Make eye contact with each and every person at least once each class
- let them know what is coming up in class eg. we have to more songs so give me some intensity and then we cooldown and stretch it out
- Outside of Class - weekly or monthly electronic newsletters, facebook groups or pages, twitter. Share information about upcoming classes, events and pass along any related information on the benefits of physical activity

Health and fitness is hard. But it *can be easier*.

People make roughly one kazillion choices per day.

And somewhere in there **everyone has a choice to be more fit, healthy, and happy.**

Though our goals are often similar, **yours are unique.**

**Your story is different.**

**Your journey is yours.**

Seek out information you can **trust**. Be open & vulnerable to **inspiration** anywhere.

**So we can inspire & inform the world to make healthier choices together.**

Even if it's just once a week. One order of brown rice over white. A short nap instead of trudging through. **Some activity rather than none.**

**You don't need six pack abs to be happy.** And isn't **happiness** the point?

**Choose better. Be a greatist.**

Celebrate every success. Laugh off every misstep. Appreciate every valuable moment. Join...

**the Greatist movement.**

## 2. GETTING TO KNOW YOU

### - SOCIAL CONNECTIONS

- Attend class or the gym with a friend or family member
- Meet new people too
- Many people will honour commitments to others before they will keep promises they make for themselves
- Create your own cheerleading squad!

### INSTRUCTORS

- Many people come to fitness classes as a healthy way to get together with friends or to meet new friends..."I get by with a little help from my friends"
- Build time into the class where participants can have the opportunity to interact with others. How can you do this? Examples: partner exercises, a walking cooldown before the stretch. Can you think of others?

REPEAT AFTER ME:  
“I CAN DO THIS”

### 3. **SUCCESS - WHAT IS YOUR DEFINITION?**

- Is it consistently getting your body in motion most days of the week?
- Is it being able to master a new skill?
- Is it a goal that's for you personally and not what someone else thinks you should do?
- Is it based on what you look like outside or about what's going on inside?

#### INSTRUCTORS

- All of us need a feeling of success to keep us coming back for more!
- Create a safe environment & take out the fear of being judged socially or on performance...this is especially true for the group fitness experience!
- Always show options in intensity
- Avoid comparisons
- Getting active is a process
- Focus on the feel. Emphasize that exercise is to feel better not to look better. There is more than the visible gains of fitness!

### 4. **PUT THE FUN INTO FITNESS**

- When we were kids we participated in physical activity because it was fun, we got to learn and master a new skill and it was a chance to be with friends.
- What did you like to do when you were a kid? Why not recreate that experience as an adult?
- Having fun is a powerful motivator! To start the new year, choose an activity that you'll love going back to repeatedly. As you get into a routine of being active, now's the time to get adventurous and add something new to your physical activity schedule.

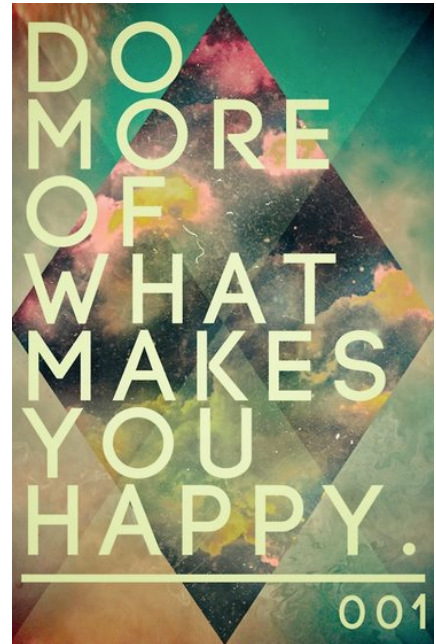
#### INSTRUCTORS

- Having fun, mastering a new skill and having a chance to be with friends is important for adults too!
- What can you do to up the fun factor? - theme classes, games that build a collaborative spirit, challenges, prize giveaways & how you give those prizes away.

## 5. KEEP THEM COMING BACK FOR MORE - GUEST INSTRUCTORS & MORE

### INSTRUCTORS

- bring in guest instructors to expand the experience for your instructors. Guests could be healthy lifestyle related presenters, they could be instructors of the same program where you can create a team teaching environment or it could be something a little different and/or related to a theme!
- Make small changes to your class each week. It could simply be changing the position from you lead the class or changing the order of your playlist.
- Keep them guessing so they show up to see what you've got up your sleeve this week!



## 6. ALWAYS GROW - GROW ALWAYS

- Go outside your comfort zone and be adventurous! Learn a new skill, try a new class, take it outdoors, sign up for a marathon in a city you have yet to visit!

### INSTRUCTORS

- Keep your skills fresh! The MFC has continuing education credits you must achieve to maintain your certification. Make it a goal to exceed them!
- Explore new programs to introduce to your participants and to expand your horizons.
- Education helps you stay current with trends in the industry and helps you stay excited about why you originally became a fitness leader
- Your excitement will be contagious!



## 7. SHARED EXPERIENCES - SHARED MEMORIES

- Find ways to expand your experience with your fitness friends beyond the gym or your group fitness class.
- Celebrate your successes with others!

### INSTRUCTORS

- If possible plan optional activities outside of regular class time that promote healthy lifestyles that can build a collaborative spirit and build and expand social connections.
- Examples: plan your own fundraiser for a cause that you or someone in your class supports, take part in an already established community event and add to the fun with your group, take part in warm-ups for community walks or runs.
- the options for events and for friendships are endless!



## 8. GOALS

- S.M.A.R.T. GOAL SETTING

### INSTRUCTORS

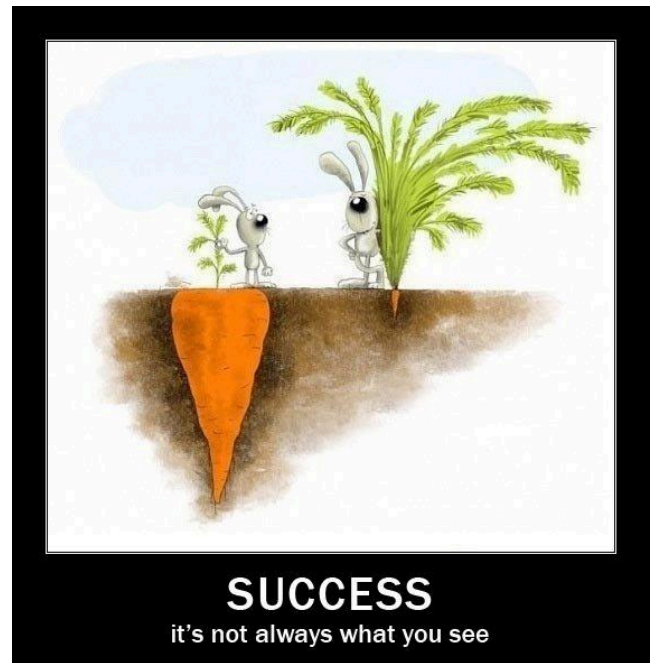
- Help your participants achieve their goals.
- Stay in touch with them: talk with them, take surveys
- Intrinsic vs Extrinsic Goals
- 4th year of the Healthy Lifestyle Challenge. New twist this year. Sign up with a Buddy! Often people will commit to others before they will honour commitments to themselves. Smaller weekly challenges built into the program along with healthy lifestyle tips and information from the behavior modification program 'craving change'.
- verbal praise is still one of the best motivators!

## 9. FOCUS ON THE BENEFITS

- Focus on what is going on *inside!*
- Have you visited your doctor and know your numbers? (Blood Pressure, Blood Sugar, Cholesterol, etc) Can your physical activity affect these numbers in a positive way?
- How do you feel? Do you have more energy for other areas of your life?

### INSTRUCTORS

- It's not about performance. It's about getting the heart rate up in a safe way.
- Get your participants thinking about what they do now can affect how they feel about themselves, how it can impact future health, how it can deepen friendships



## 10. VALUE ADD TO YOUR PROGRAM

- Seek out other programs to enhance & support your physical activity program
- Examples: If you are living with a chronic condition why not try 'Get Better Together'. If you are needing assistance with healthy eating, why not check out 'Craving Change' a behavior modification program that can impact many areas of life
- RHA Wellness Team Programming

### INSTRUCTORS

- What are your strengths?
- Bring out your personality by adding to your program.
- More Examples: Flex Pass program for participant convenience, online registrations, bring a buddy nights to introduce the program to new participants.

Thank You & Have a  
Happy & Healthy New Year!  
-Jan



Hello!  
I'm the  
**FITNESS FAIRY.**  
I've just sprinkled  
**MOTIVATION**  
dust on you.  
Now go and  
move your butt!  
This stuff is  
expensive!