

MP PERSONAL TRAINING

Take a moment and just think of what adding up to an extra ten years to your life would mean to you and your family. A fitter, healthier you could see this coming true.

Don't consider your journey as a New Year resolution as you will end up over pressurising it and then risk giving up at the first hurdle. There will be hurdles to jump yes (not literally, don't panic), but these hurdles will become achievements once cleared and will help boost your commitment and motivation once they're behind you.

Hurdles vary from person to person, after all we are individuals. Exercise isn't a one stop shop where everything fits and works instantly, it may take you a little while with a bit of trial and error to find what works for you. So where do you start? The answer is simply at the beginning.

Think of what you would like to achieve. This could be anything from feeling more comfortable in your clothing which will lead to a vastly more confident you, or even being able to take part in one of the various events that happen in our beautiful city.

Next, write down five steps that you feel you would need to take to get you there. Be sure to limit it to just the five though. If you make it longer the target will seem further away and unobtainable.

Things to consider that can get overlooked include: What time of day can you take part in any extra physical activity? Will a hard day at work push you towards exercise or pull you away from it? How can you make it part of your lifestyle? Not so it becomes an over ruling factor.



NAME: Martin Petrie

COMPANY: MP Personal Training

AGE: 31

QUALIFICATIONS:

NVQ Level 4 Advance Personal Training, Keiser Spin Instructor, Reebok SHOKK Gym training for juniors 8yrs+ plus many more

YEARS TRAINING: 11

SPECIALITIES: Toning, weight loss, knee and shoulder stability, balance and co-ordination, flexibility, muscle gain, muscle definition, youth and older generations and exercise barrier breaking


MOTTO: With MP Personal Training, we don't just meet your targets. We beat them!

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Most importantly, if weight loss or calorie burning is part of your goal then what's the best way to review your eating habits?

As I mentioned earlier exercise isn't a one stop zone where everything fits. You have to feel comfortable in the environment and the lifestyle you will be leading so that you are able to maintain a regular pattern. This will in fact help lots of aspects of your life: Stress levels will be reduced, you'll sleep better, family and work life will improve... I could go on.

Just remember, whatever you chose to do to help get you more active - make it enjoyable. In my book exercise should be fun and never a chore. 

Take your first steps to a healthier new you and make every year count. Call 07717 455144 or email martin@martinpetriepersonaltraining.co.uk to learn more