



# KEEP YOUR MOJO WHEN EXERCISING SOLO

Many exercisers have had to change their normal routine:  
Exercising solo ~ Exercising in pairs ~ Exercising in new  
environments

Additionally, for many - goals of events are likely to be out of the diary. What are strategies you can use to keep your motivation in these changing times?

## Record your workout

1

This can help with accountability and tracking your progress. Use an app, keep a spreadsheet, or start a notebook so you can see what you're doing and how well you are going!

## Stare straight ahead

2

Find a point on the horizon (down the road, in 5 minutes or later in the repetitions and focus on getting there). This will keep you exercising for longer, particularly if you feel like stopping!

## Find a mantra

3

What can you say to yourself that reinforces your actions and motivates you?

"I can do it"

"It will feel great to finish"

"Healthy body ~ Healthy mind"

Find the mantra that will work for you

4

## Use the phrase 'later'

When you feel like stopping agree to do it 'later'. This can help you to keep going.

## Stick to a program & schedule

5

Plan what you will do and well you will do it.

Before you start a workout have a clear idea what you are going to do. Whether you follow an online workout, agree on a session with a training partner or follow a program - know what you are doing and plan ahead when you will do it.

6

## Make it social

Humans are social creatures and our current situation offers the opportunity to be creative in how you can maintain social contact when apart. Post a selfie, facetime a workout, train with one friend (as per the guidelines).