

Ways to Stay on Track

September is great (my favourite!) because things start falling into routine once school gets back in session. As things get busier, you might need some tools to keep your fitness goals in mind. Here are some easy-to-do ideas!



Try new things

Now is the perfect time to sign up for fitness classes! There are so many “new client” options out there (check out your *Corporate Health, Fitness, & Family Discounts*, for example) that it’s easy to get a variety of activities in for cheap.

Dear Diary

Keep a journal log of every activity you try. Make a pros and cons list—*did you like the location? What about the instructor? Was the timing convenient for you?* This way, you can figure out what YOU like to do best, and come up with a fitness schedule that doesn’t feel like a burden!

Don’t break the chain

Print out a yearly calendar (the ones where the days are lined up and there’s nowhere to write) and highlight the days that you exercise. Once you start seeing a pattern, it’s easy to just keep following it (exercising on those days) so that you don’t ruin it and break the chain!



Visual reminder

Set out your exercise clothes in an obvious location (like the kitchen) to remind yourself later that its time to go for a workout! You could do this with any sports equipment too.



Pre-problem solve

Argue with yourself ahead of time by coming up with solutions to excuses that you might use to avoid exercising. *Bad weather?* Go to your local community centre. *Late at night?* Time to do that indoor strength training. *Watching the kids?* Walk to the park to play! Write these down, and stick them on the fridge for you to read on your laziest days.

Happy new school year!

Images: <http://ubyssey.ca/sports/get-off-the-couch293/>

<http://karenkavett.com/blog/2243/dont-break-the-chain-calendar-2015.php>

<http://www.racked.com/2014/8/13/7581609/affordable-activewear-c9-target-maternity-plus-sizes>