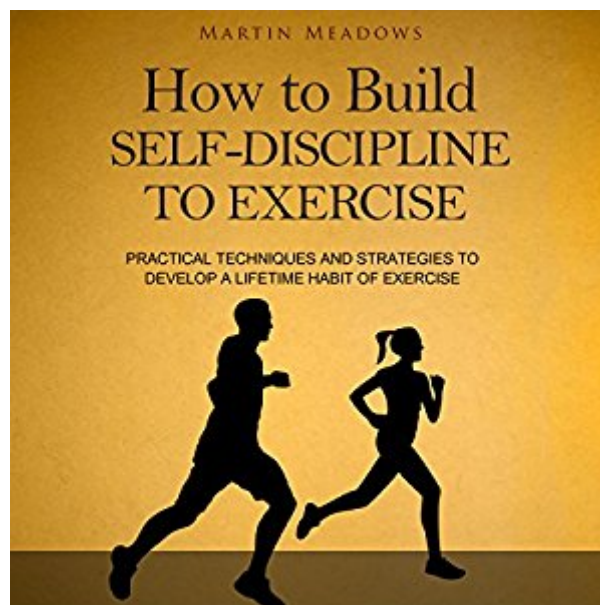




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# **How To Build Self-Discipline To Exercise: Practical Techniques And Strategies To Develop A Lifetime Habit Of Exercise**



## Synopsis

Discover Proven Strategies to Finally Get in Shape and Exercise on a Regular Basis for the Rest of Your Life Everywhere you go, you see gyms, videos, and books about exercise, advertising how they can help you get in shape fast and easy. You've probably even put some money down before, vowing that this was the year you'd get in shape, lose that extra weight, and become the energetic person you know is hiding inside you. Unfortunately, life happens, and you fall into the habit of "I'll start tomorrow". Your motivation drops, and your self-discipline fails to push you through to achieve your goals. You begin to make excuses: You'll be really sore after working out, it's been too long since you've last exercised, you don't have willpower, and you think you're too weak or otherwise unfit for exercise. There was that one time you started a program, but you couldn't keep up with the weekly or monthly goals, so you got frustrated and gave up. **How to Build Self-Discipline to Exercise** is a practical guidebook on how to introduce exercise into your life and keep it there. In this audiobook, you'll learn: Why the most common type of motivation people use to exercise is usually ineffective How to overcome procrastination and finally start exercising How to find time to exercise despite a hectic schedule (and surprising math that shows you actually lose time when you don't make time for exercise) Practical tricks and tips to stay motivated forever How to enjoy exercise while still getting the most powerful benefits of it (hint: if your workout involves "work", it's not a good workout) When put together and acted upon, the six chapters in this book - supported by over 80 references to scientific studies and credible experts - will help you form a new habit and make one of the most important changes you'll ever make in your life.

## Book Information

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## Customer Reviews

Great read!

As a former college athlete, I know what it takes to lead an active lifestyle. This book puts it into simplistic terms and can teach anyone how to start and maintain a healthy lifestyle of exercise. Nice job!

Love this book. There are myriads of diet and exercise books available on the market. We all know the basics, but this book is concise and put it all together without 300 pages, too get you motivated and maintain that motivation. Like having your own private trainer pushing you on. Much appreciated!

I'm very happy with my purchase

Very easy read and a lot of good information

This is the third book I have read by Martin Meadows. His style seems to be logically laying out your options, setting the parameters, and then guiding you to make decisions. I like the concise format and the end-of-chapter reviews for when I want a refresher. Martin has a couple of underlying beliefs in regards to exercise that I noticed. He says while a 7-minute workout (or something similar) is great if that is all the time you have, it isn't sufficient by itself. He feels strongly we should exercise for at least 25 minutes a day or make up for the time doing a longer stretch of exercise on the weekend. He also says if you don't enjoy the exercise you are doing, find something else to do; if you don't look forward to it, you aren't doing it right. Find a way to make it fun. He gives a several examples of certain exercises that work in different situations at different times of the day, in different seasons, exercises that work when you only have a short bit of time, exercises to do with friends, etc. He also believes in simply being active for fun and has nine suggestions for playful non-exercise activity. The book discusses not just beginning a habit of exercise, but also addresses some of the issues you will encounter once you do start exercising regularly and ideas

for how to plan for these common pitfalls. Some sections of the book did not appeal to me. For example, the first chapter is about finding the motivation to exercise regularly and yet I didn't feel motivated to exercise after reading the chapter. (The beginning of the second chapter was much more motivating for me.) Instead of explaining the different types of motivation, I would have preferred a guide to help me figure out what motivates ME. I also didn't get much out of the section on how to prevent or decrease soreness from exercise. Possibly that information will be more useful later on, once I find an exercise I do intensely enough to get sore. The biggest failing for me with this book is it doesn't address the issue of exercise within a family. I am homeschooling three of my children and so have children with me all day, every day. Exercising with children takes a different game plan than exercising alone, so I was hoping for some of Martin's clear thinking on the issue to give me ideas for how to address that. Overall, this is a good little book that provides many insights, reasons and helpful suggestions for a daily exercise habit. I think Martin should create his next book on getting sufficient sleep.

One of my complaints when I read a medical book or a scientific report is the way it is written. Sometimes is boring and repetitive the information technical books provide. Mr Meadows has a straight forward, simple and concrete way to explain things without slow pace. The best way to communicate an idea is being simple, concrete, creative with a good dose of credibility and telling emotional stories providing your own experience. With this book Martin Meadows provides all of that and more. Recommended. Very good book if you want to live a better life.

Author Martin Meadows has crafted a nice, logical and easy-to-follow book in order to overcome procrastination and have better workouts so we can get into great shape. I like the structure of the book and how it starts off with beating your lack of motivation and procrastination. I like the explanation between intrinsic and extrinsic motivation and how each has an impact on how we approach exercise. As always with Martin Meadows's books this book is well-researched and backed up with solid case studies that proves the author has authority to write about what he instructs. One of my biggest difficulties in the past ten years has been both motivation and finding the time to exercise. Martin covers all of that here and in chapter two offers up good strategies and tips for carving out the time for getting to the gym or creating a gym at home. By making health a priority we can discipline ourselves to enjoy exercise and drive that motivation to do something about it. Chapter 3, stay motivated to exercise, offers great tips such as:-

Don't think in terms of "all or nothing" on your lazy days.- Keep records of your workouts.- Start a chain in your calendar and cross off days with a big red X- Make your goals Specific, Measurable, Achievable, Realistic, and Time-boundChapter 4 tackles a big problem for me, especially after tears of training when I hit a plateau and didn't enjoy exercise anymore. I went from a few workouts a week to doing some pushups to nothing. This chapter delivers awesome suggestions such as get into a structured fitness class and the nine ways to move your body that are not related to picking up weights or doing heavy sports. One of the worst things can happen while training is getting injured. In chapter 5 it gives us great techniques for avoiding this: stretching before a workout, post-workout foam rolling and even what you eat can prevent getting hurt. The book wraps up nicely with an overview of what was covered and getting into the workout habit, self-efficacy, and building a positive atmosphere for training. This book has some great motivational tactics and offers the ways we can get into exercise without feeling totally overwhelmed. Another solid read from Martin Meadows that I highly recommend!

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