

Make it Stick!



Swim up to 300m...



...cycle up to 12km...



...and run or walk up to 5km.

Hi,

Reaching your goals is something we all like to achieve. It makes you feel good about yourself and when it comes to sport and fitness we all know the benefit it has on lifting mood, raising energy levels and giving you a positive outlook on life.

But how do you make your goal stick?

Sometimes things get in the way of your goal, don't they? Kids, a heavy work schedule, lots of social appointments are all reasons to put off getting out there and reaching that goal.

We thought it might be useful to share a few tips with you to help you

Make your goal stick!

- Make it fun! Find exercise or activities that you enjoy, then vary your routine to keep you on your toes! Did anyone say Salsa Class?
- Join Forces. You are not in this alone. Invite friends or colleagues when exercising or join your local club or training group – it's a great way to meet people and swap tips and training ideas.
- When you're tempted to skip a swim or a run, think about how great you felt when you last did something energizing. You will get to a stage once you are in a routine where you will crave exercise.
- Why not keep a training diary to see how you're improving – having proof that you're heading toward your goal is a great motivator
- Create a soundtrack to your workout. A playlist of your favourite fast-paced tunes, whether it's Britney or the Bee Gees, will keep you pushing on when things are getting hard.
- Join our [facebook page](#) to discuss how your training's going, speak to people in a similar situation or look for a training buddy!
- Finally, there's nothing better than [entering a race](#) to focus your efforts and keep you motivated!

We spoke to one of our entrants for this season's TriWoman Series, Sandra Cooper, who shared with us her best tip for making her training stick; "Don't think too far ahead about the training session; sometimes just getting your running shoes or your helmet on is the hardest step, once you've done that, the rest of the activity seems easy!"

And if all else fails, just picture that feeling of achievement when you cross the finish line on race day!



We're on Facebook!

We now have a facebook page! Why become a 'fan' of us on facebook? Facebook is place where TriWoman can discuss upcoming events, training tips and **win prizes**. Yes we will be giving away brilliant prizes from our generous sponsors on facebook, but you have to be a fan to win.

Haidee & Kate (the new Events Assistant!)



contact

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