



**DIVE  
INTO  
FITNESS**

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## There's No Age Limit to Starting to Get Fit

There are many people who feel a sense of shame, regret and to certain extent anger with themselves for not being fit. They feel like they're "old" now and it's really no point getting in shape because they are past their prime.

This begs the question... Is it really too late to start?

The answer is a resounding NO. It's never too late to start exercising, eating right and being healthy. In fact, if you think you're old, you really need to start.

Age is just a number. You're only as old as you feel. All these are common clichés but they are so true.

You could be 60 but if you wish to build your body, there is absolutely no one stopping you but yourself. Of course, you should consult your doctor first to see if the activity you wish to engage in is safe for you. Once that is done, go ahead and start.

The truth of the matter is that whether you start or not, life is still going to pass you by. However, if you start training and eating right, in 6 months or a year from where you are today, you will look better and feel much better.

It's never, ever too late. You may have neglected your health your whole life. You may have been too busy to exercise. You may have eaten whatever you could get your hands on. All these may seem like huge mistakes to you that you can never come back from.

You may feel like you have cheated yourself and you can't go back in time and correct your mistakes. That's true, but the past is history. The future is a mystery. What you have now is a gift. That's why they call it the present. Use the gift of now... and start to make changes in your life today.

The mistake most people make is that the focus on what could have been instead of what they can do now. By doing what you need to do now, in future, you will not look back on your past with regret.

Start exercising. Go for a run. Workout with some weights. Swim more. Try rock climbing. Hike, bike, row, climb, jump... Do whatever gets your heart pumping. Move more. Do more. Never settle for good enough. Always give it your best.

If today you don't say good enough, tomorrow you will always have enough.

There are many people well into their sixties and seventies who are still working out with weights and have muscles that can make people more than half their age envious. Many of them started late. They had a lot of free time after retirement so they discovered the gym.

If they can do it, so can you.

It's all a mindset. If you don't mind, it doesn't matter.

There should be no room for regret in your life. The moment you embark on a quest to be fit, you will have no time to ponder past mistakes or lost time. You will be focused on your current training and beating your personal bests.

There is nothing to be gained from looking back at what could be. Thinking about exercising does not burn calories. Actually, getting out there and doing it does. So, get fit. Get strong and get your life back in order. You're still alive and as long as you are, there is always time and hope. Go for it.

## Why Is This Taking So Long?

You're absolutely right. It is a long and tiring journey. The question you should be asking yourself is, "Why did I think it was going to be fast and easy?"

To be fair, this is not your fault.

If you look at any fitness magazine, weight loss advertisement or even articles on Facebook, you'll see titles such as, "Get a Beach Body in 2 Weeks Flat!" or "Drop 12 pounds in 2 Weeks with FatsBeGone Pills".

It all looks so easy and effortless. So why is it taking so long for you?

The answer is that you have been lied to over and over and over. If you really stopped to think about it, you didn't become overweight overnight or even in a month. It would have taken you a long time to become overweight to the point that you know you need to do something about the excess fats.

So, if it took you quite a while to gain weight, why would you expect to lose it all fast?

Because you have been lied to.

The hard truth is that weight loss is a slow, tiring process. You will need to watch what you eat and exercise. You'll need to maintain a caloric deficit for as long as it takes till your body burns off the excess fat.

Now that the truth has been unmasked, it's time for a reality check. Generally, people may lose a pound of fat per week. Forget what you have seen on those weight loss reality shows. Most have been edited to make it look like the contestants lost weight in a short time.

The fact of the matter is that initially the weight you lose may be about 4 to even 6 pounds in a week. However, your body will adapt and in a matter of time, you can only expect to see about 1 pound of fat loss per week. Sometimes, it might only be half a pound.

Imagine if you were 30 pounds overweight, it might take you 30 weeks. You can't get a beach body in 2 weeks. That's ridiculous.

You're looking at 30 weeks! That's about 7 months. Does that shock you? Now you understand why you feel like it's taking forever. Your yardstick was an illusion. You were basing your expectations on hype and unrealistic claims by people and companies hoping to make money. The health industry is a billion dollar industry and they will do whatever it takes to make your pockets lighter and make you heavier. It's good for repeat business.

Now that you're aware that it takes that long, will you stay committed? You should. Maybe you're just into your second month and you expected to lose the 30 pounds but you only lost 10 pounds.

You feel like a failure but you're not. You have made good progress. If you stay the course, in another 4 to 5 months you would have achieved your goal. You're on the right track. All you need to do is keep going.

This is a personal journey and you have no competitors. It doesn't matter if you're trying to lose weight or build a body that is muscular and toned. It all takes time.

If you're tired, it's usually because you feel that you're not seeing results or not seeing them fast enough. Now that you know it takes time, the "not fast enough" is not an issue. If you see no results, there is either something wrong with your training or diet.

You will need to examine them closely. Count your calories but don't obsess over them. Have a general idea of what range you're in. Trying to lose weight? You need to be in a caloric deficit. Check it.

Keep examining your training routines, diet and other factors and make changes as you see fit. Nothing is set in stone. Do whatever it takes to achieve your goal and never lose hope. It is within your reach.

## Slipping Up in Your Diet

Every year, on New Year's Day, millions of people make a resolution to lose weight and get in shape. In fact, surveys show that this is the number 1 resolution in the entire world. It is also the fastest resolution to get broken. Many don't get past the first week. Most don't get past February.

Why?

One of the main reasons for this is that people have a few slip ups in their diet, end up feeling guilty and tell themselves that they just don't have the discipline. They then tell themselves that it will never work and they give up on themselves.

This is truly a pity. It really is because you are all you have and if you give up on yourself, then who is going to help you? The road to personal fitness is your road and it's yours alone. Others may walk it with you, but nobody can walk it for you.

Before even thinking that you don't have what it takes, let's examine the reasons why most people slip up when it comes to eating.

## 1. Unrealistic goals

This is without a doubt the main reason. Someone who has been eating pizza, junk food, sodas, doughnuts, etc. for years should NEVER ever suddenly decide to go on a diet of lean chicken breast and broccoli. It's madness.

The change is too drastic. Yet, so many people do this. They have unrealistic expectations and think that their will power is extremely strong. In most cases, it isn't.

Always start with small goals. If you drink a lot of sodas, try cutting that out for a week and drink water instead. Keep the rest of the diet the same. The following week, if you snack while watching TV, then stop snacking. If you can't do that, then stop watching TV. The week after that you may reduce your portion sizes but keep the diet the same.

By doing this, your goals are incremental. If you ask too much of yourself initially, you will most probably fail. Inch by inch, life's a cinch. Yard by yard, life is hard.

## 2. Letting one slip up make them give up

If you accidentally dropped your mobile phone on the floor, what would you do? You'd most probably pick it up, dust it off and check if it's all ok and be more careful. Would you pick it up and keep smashing it on the floor just because you accidentally dropped it once?

No way! Yet, when it comes to the diet, many people throw the entire diet away just because they had a doughnut or a plate of pasta.

You know what? It's human to slip up. Everybody does it. You just pick yourself up and try to be more compliant to the diet. You may have read that a good body is 30% exercise and 70% diet. The truth is that a good body is 100% commitment.

And... commitment is very difficult. That's why obesity is an epidemic. It's difficult to commit. If you've already started, don't give up. Anytime you feel like it, remember why you started.

Success is not linear. You will take three steps forward, two back, five forward, maybe six back... whatever the case may be, only one rule holds true. You keep going. So you ate that glazed doughnut... well, that's ok. You will run for 15 minutes and burn it off later. Don't tell yourself, "Argh! I ate one doughnut. My diet is screwed. I better just eat the remaining 5 doughnuts in the box". NO! YOU WON'T.

These are the 2 reasons most people mess up their diet. Unrealistic expectations and aiming for perfection. Expect yourself to slip up. It's a given.

Now that you know that you should aim to set your goals in incremental levels and not be too hard on yourself, stop worrying about those times you mess up your diet and focus on getting it right as much as you can. That's the only way.

## How Much of This is Genetic?

If you ever wonder why some people have it so easy, stop yourself. This mindset needs to change and it needs to change ASAP.

There is no doubt that some people have it easier. They have a higher metabolic rate and are less prone to getting fat. That's just the way things are. Everyone in your family may be overweight and you gain weight easily. Maybe that's the hand you are dealt with but your genes do not hold you back.

You hold yourself back by thinking in this manner. People who are naturally thin are lucky but people who have had to fight to become slim are strong. If you are overweight, the struggle and challenge of shedding all that weight will make you physically and mentally strong.

In many cases, if everyone in the family is overweight, most of the time it is due to poor dietary choices. The grandparents ate poorly and passed on those habits to their children who will in turn pass them on to their children. Most of the time their diets are atrocious and the lives they lead are sedentary.

If your parents eat all the time, that doesn't mean you have to. Cut down your food intake and watch if it makes a difference. If it does, then it's not the genes that are holding you back but your eating habits.

If you have been watching your diet closely and training but still see no results, there are several reasons why this may be so. None of these have anything to do with your genes.

You may not be eating enough. You should aim for a daily caloric deficit of about 500 calories. Many beginners make the mistake of cutting their calories too drastically. When you do this, your body panics and goes into starvation mode. It desperately holds on to every bit of fat that it can. Once this happens, you will find it very difficult to melt the fat off.

Another reason could be a lack of water consumption. Your body needs water to metabolize fat. Make sure you are drinking enough of it.

How about overdoing cardio? Does that hold me back? You bet it does.

Once again, this is a beginner mistake. They pound the track for hours hoping to burn off the fat as fast as they can. Too much cardio is counterproductive because of the law of diminishing returns. Your body will be stressed out and release the stress hormone, cortisol, which indirectly makes you gain weight.

Poor planning is another reason that you might not be making headway. Are you really hitting your caloric deficit? The occasional snack here and there adds up. Many beginners who train often mistakenly believe that they burnt a whole ton of calories so they can be a little lax with their diet.

Guess what? 2 slices of pizza is enough to wipe out an entire hour of cardio. Imagine that. You can undo an entire hour of sweating and panting within 15 minutes. Maybe you're watching TV and decide to just pop in 3 Oreo cookies in your mouth. That's about 160 calories. That may be about 15 minutes of weight training gone. What? You only trained for 25 minutes? Tough luck.

Watch your diet with the eyes of a hawk.

These are just a few of the reasons you may not be progressing. There are quite a few more and you will need to do more research online to brush up your fitness knowledge. Your genes are not a death sentence on your weight loss dreams. You definitely can lose weight if you really want to. Millions of people with genes just like yours have lost weight and kept the ugly fat off.

Join them. It's yours for the taking.

## Exercising While Busy

Almost all articles and fitness books will tell you that being too busy is the most common excuse given by people who don't exercise.

This one will beg to differ.

You really can be too busy to exercise. It does happen. You may be a stay at home mom with 2 toddlers to look after. Once you are done with the cooking, cleaning, washing, etc. you'll just want to plop yourself in bed and doze off. Who even has the energy for exercise? Or you may be a surgeon at a hospital and after all the erratic hours you work, there really is no fixed time that you can commit to working out.

It is hard. Make no mistake about it. It is hard with a capital H.

So what do you do?

You force yourself to find time to exercise. There really is no other way. If you can just squeeze in 5 minutes of push-ups and sit-ups, then do that. Something is better than nothing. The problem most people face is that they do not have the habit of exercising.

It's not the time. It's the habit. If you absolutely must start your day with a cup of coffee, you will absolutely find a way to have that cup. Why? Because it's a habit... and of course, drinking a cup of coffee is way easier than working out.

The irony here is that the people who are the busiest with the least time to exercise are most often the ones who need it most. They are stressed out and need an outlet to vent their stress. Even a short 15 minute high intensity interval training will work wonders.

When you exercise, your body will release endorphins and other feel good hormones that make you happier, stronger and healthier. No sleep, entertainment or hobby can give you the same health

benefits as exercise. The endorphins diminish the perception of pain, promote better sleep and most importantly, they give you a natural “high”. It’s this high that will give you a positive, happy and energetic outlook on life.

This feeling is priceless and unlike artificial drugs, it is neither addictive nor costly. Once you experience it, you will find time automatically to exercise. The most important thing is to take the first step.

If you have a one hour lunch break, take 20 minutes to go for a run. Don’t worry about being too exhausted for work. Once you’re done, you will feel fresher and more energetic.

If you can’t do it at work, no problem. Place a pair of running shoes next to your door and a pile of running clothes near to your door. The moment you step home, change into your sports attire and go for that run or brisk walk. If all you have is 10 minutes, then all you need is 10 minutes... but use that ten minutes.

If you’re a stay at home mom, find a few home workouts so that you can exercise at home. There is a fitness trainer, Emily Skye, on Facebook with 3 million followers. She is beautiful and has an awesome body. Besides that, her workouts are perfect for women who want quick workouts that are efficient. Just follow Emily’s advice.

The key fact that you should take from this article is that it doesn’t matter if all you have is 10 minutes. Use that 10 minutes. No matter how tired you may be, tell yourself it’s just ten minutes and force yourself.

You will require Herculean determination but that’s just the way it is. So, bite the bullet and just do it. Once you start and repeat this for a few weeks, you will slowly discover that exercise does make you feel better than alcohol, soap operas or other “fun” activities. Once you reach this stage, finding time to exercise will be the least of your concerns.

You will have the time. Try it and you will see.

## The Vicious Cycle of Quitting and Trying Again

Every year millions of people make the resolution to lose weight and get the body they have always dreamed of. After a month or two, they quit. The following year, they start all over again with the same resolution and they quit again. This vicious cycle never ends.

What most people don't realize is that they are no different on December 28th. They are the same person on January 1st. The date has changed but the person is the same. Their habits and mindset are the same. As a result they keep quitting on themselves and starting over and over.

Enough is enough! It's time to stop being sick and tired of being sick and tired.

It doesn't matter if today is April 26th. Do you want the body you've always dreamed of? Then you start today. The date absolutely does not matter.

Next up, the mindset needs to be changed. You absolutely must be aware that you are in for one of the toughest journeys in your life. To get fit, healthy, slim, washboard abs, etc. is not easy.

It will require effort, sacrifice, patience, sweat equity, discipline and it's going to be a roller coaster emotional ride. The key here is to celebrate your small successes and stick it out even when you do not see results despite your efforts. Sometimes your body reaches a plateau.

The body is taking time to adapt and change. So many people quit during this phase because they feel like their efforts are not bearing fruit. You have to wait. It takes time for the seed to grow into a tree and bear fruit.

You must keep going. You will not have to start over if you don't quit. Always remember that this is not easy. If it was, everybody would be walking around with bodies like the models from Abercrombie and Fitch. You must go through the hard yards.

If you want something you've never had, then you must do something you've never done. In this case, it is to keep going. Like Winston Churchill said, "If you're going through hell, keep going".

The fitness journey is hell. It really is. Forget the hype and glam that the magazines portray. It's not easy. It will take time. Depending on your present physical condition, it may take a long time. If you're 40 pounds overweight, it may take you almost a year to lose all that excess flab.

But guess what? Once you're done, you're done. It's the transformation that is so tiring. Maintaining a fit body is much easier. This is the place you want to be at. You're getting there. You just have to keep going.

Will you stick it out till you get there? Or will you give up and wait for the next New Year's Day to make another resolution?

Enough is enough. You can do it but you absolutely must stay positive and keep going. One step at a time. There will be times when despite your best efforts, the results are abysmal. It's at times like these that you look back at how far you have come.

That is why you should always take photos every week or so. Have a fitness journal to track your progress. On days when you're emotionally drained, look back at your progress. That will inspire you to keep going. If you have come this far, you can go further.

You may not always get what you wish for but you will always get exactly what you train for. Train hard, be positive and keep on keeping on. That's what winning is all about.

## Trying Hard with No Results

If you have ever found yourself mumbling or thinking this to yourself, you're not alone. This is the main reason that most people quit on their fat loss goals on their journey to get a lean and fit physique.

A lack of results can throw an icy cold towel on even the most enthusiastic spirit.

Yet, there are 3 important questions that you need to ask yourself before throwing in the cold, wet towel.

- How long have I been at it?
- Am I doing what I'm supposed to do correctly?
- Did I give it my all?

These are the three most important questions that you absolutely MUST ask yourself. Your answer to not seeing results lie within these three questions.

We live in a world where everybody wants results fast. They expect to lose 10 pounds in a week. They want to see their abs after a month of sit-ups. They expect a month or two of going to the gym to result in them achieving a body that would make Stallone cry.

Why?

The answer is simple. False advertising. Most often the people are not to blame. The fitness magazines, infomercials, weight loss supplements and the myriad of weight loss products that hype their products and make claims so bold they fool the majority into thinking that the process is fast and easy.

It is NOT. Weight loss and a lean, toned body take time. The magazines and products can't give two hoots about the average person. These are money making companies with only one goal – PROFITS! The system is broken and serves to benefit no one but those pocketing the cash.

If you expect fast results, you're in for disappointment. You can't get a beach body in 3 weeks if you look like a beached whale. You can't lose 10 pounds in a week by swallowing some thermogenic fat burners down with a bottle of root beer.

The truth is that weight loss and fitness require sacrifice, patience, sweat equity and TIME. Rome was not built in a day. Give yourself time. Assuming you lose 1 pound a week, it'll take you 20 weeks to lose 20 pounds. That's 5 months. NOT 5 days. Do you have what it takes to stick it out for 5 months?

You do? Excellent. Then you will see results and your hard work will pay dividends.

Next up, you have to ask yourself if you know what you're doing. If you want to see your abs and do a thousand sit-ups a day but have a bodyfat percentage of 35%, all you're doing is wearing out your floor.

To see your abs, you need to bring your weight down to about 9% to 11% bodyfat. This is fitness knowledge that is so crucial to meeting your goals. Do you have the knowledge? If you don't, no worries. The internet is full of information.

Do your research and do what needs to be done. Do not come up with your own ideas and train based on guess work.

Lastly, how hard are you working out? Most people say that they are killing themselves, but barely train at 70% of their potential. Do you give up the moment you pant a little? Do you train till your clothes are soaking with perspiration? Or do you call it a day after one drop of sweat rolls down your forehead?

The navy seals have a saying, "Nobody ever drowned in sweat". Make sure you give it your best. Whatever you may think, you can still do that little bit more. There is still some fuel in the tank. Once you start training like your life depended on it, the results will come fast and furious.

You will have a sense of satisfaction and look forward to your next training session with determination, expectation and a bit of fear. That's ok. It just means you're training hard.

To conclude, train hard, train correctly and most importantly, give your body time to adapt and change. It took you years to crawl then walk and finally run. If you had given up early, you would still be crawling.

Have faith and patience. You will get there. Have no doubts about it. Ever.

## Can I Lose Weight Without Exercising?

The majority of people don't really like exercise because it often means panting, sweating, pain, etc. They equate exercise with torture that the need to endure just to stay healthy.

The people who do like exercise may look down on these "slackers" as being weak and lazy. Are they correct?

No. They're not. Forget what the magazines, personal trainers and weight loss ads tell you. It's not easy to lose weight and get in shape. It takes time, effort, sweat, pain and sacrifice.

None of these are really fun unless you enjoy working out. This is the difference between those who do exercise and the majority who don't. The former actually enjoy what they are doing. They feel a sense of joy and accomplishment after a workout session. That's their reward.

Those who hate to exercise do not get anything in return. They feel neither proud nor satisfied with themselves. However, in order to be fit and healthy, exercise is of paramount importance. In fact, without it, you can never be fit. Period.

So what do you do if you hate to exercise?

The fallacy here is that exercise needs to be some boring, traditional activity that everybody else is doing. Many people hate to run but they know that they should do it if they wish to lose weight. So, they force themselves to do so. What happens then?

For starters, they dread having to run and the feeling of dread only goes away once they have completed the task. Sooner or later, they just give up and say that it's just too torturous to run every day.

So how do you remedy this situation?

Simple. Find an activity you enjoy doing. Maybe you like swimming? Or hiking? Rock climbing? Kickboxing, yoga, Pilates, spinning, Zumba, Latin dancing, karate, judo, body building, Crossfit, etc. There are so many different activities that are physical.

You can definitely find one that you enjoy doing. Maybe you love playing basketball or tennis? Team sports are fun and the competitive nature of these sports will keep you going without even having to think of doing so.

All these activities are forms of exercise. Choose one that suits your personality. Then all you need to do is engage in this activity daily or as often as you can. Push yourself to break your own personal bests. Do it with intensity.

You love cycling? Great. Measure the distance you will cycle and record how long it took you to complete the course. Aim to do it faster the next day. Keep reducing the time till you really can't get better. Then, increase the distance. This is how you train with incremental goals.

You may not realize it but over time you are not only building up your stamina and strength, but you're also developing the habit of exercising. It's the habit that will decide whether you get fit or fail in the long run. It's absolutely a MUST that exercising becomes a habit for you.

Once you have it ingrained in you, you will find yourself exercising daily. Skipping workouts will not even cross your mind and on days when you just don't feel like it, the habit will make you go do it anyway.

Activity begets more activity. When you're active, you will be tempted to try different sports. Referring to our earlier example, you may realize that you become a better cyclist; you'll need to strengthen your muscles. You'll then go to the gym and focus on squats and machines that will work your adductor legs, quads and adductor muscles.

One thing leads to another. The first step is the most important one. It's best to choose to do something you like. If you really can't find one physical activity you like amidst the plethora of activities available today, then it's unfortunate. You will never ever have the health and body you desire.

That's the cold, hard truth... but you're definitely better than that. You surely already have an activity in mind. It's time you stop reading this and go figure out how you will do this activity you're thinking about and take it to the next level. Do what you need to do today so that you will not have to regret tomorrow.

## I Don't Want to Be Embarrassed at a Gym

This is a cruel world we live in. It really is. People enjoy laughing and mocking other people. Comedians make fat jokes. Movies are made about fat people. That's the way things are.

If you are feeling ashamed or hurt when someone laughs at you, it is normal. It's worse if strangers are the ones mocking you. There are many rude and insensitive people who will pass comments at you just for being fat.

The question here is... What are you going to do about it?

Are you going to complain? Are you going to go home, sit on the bed and silently cry? Will you shout at those harassing you and make them laugh at you further? What will you do?

Now imagine this... would these same people make fun of a big, burly biker in a Harley Davidson helmet. Not in this lifetime. He would have no hesitation handing them their butt on a plate.

People only make fun of those that can't retaliate. There is no fear. There is no respect.

Ultimately, it's not even about them. This is about you. It's a battle within you.

If you were grossly overweight but you had a Phd. in mathematics, and someone told you that you were an uneducated fool, would you be offended? No, you wouldn't. You'd look at that person and wonder what a moron they were. What if that same person called you a fat cow or a lard ass?

Ho! That's going to hurt. But why? Both are insults and both are from the same person.

The reason is that nobody can say something that hurts you if you do not secretly believe it yourself. This is an eternal truth. Deep in your heart, you may have regret, shame, disappointment, anger and even hatred towards yourself.

You feel helpless that you allowed yourself to become overweight. You may lie to yourself and say that you're fated to be this way. Or you have always been this way and can't change. Whatever story you tell yourself will never remove the way you truly feel about yourself. When someone else makes a joke at your expense, all the deep seated feeling come back to the top and hurt you.

There is only one way out of this. You must change and you must do whatever it takes to get into shape. Forget about the clowns who laugh at you. You will have the last laugh.

You will eat right. You will learn whatever you need to about fitness. You will exercise and you will keep at it till you transform yourself.

You feel ashamed? You feel anger? You feel hurt?

Then you work out harder. You run as fast as you can. You lift the weights till you can't lift them anymore. You will sweat till the perspiration drips from your forehead into your eyes and makes you tear.

These tears you shed from hard work will be the tears that change your entire life. These salty tears will tear off the ugly fat from your body and leave you looking like the person you deserve to be.

Nobody will be able to make fun of your weight. You know who you are. It may take you a long time to get there. You will pay a hefty price in terms of sweat, sacrifice and pain... but the rewards will be worth ten times whatever price you paid to get there.

You can hold your head up high and walk with a bounce in your step. Life is too short to live ashamed. Get fit. Get strong. Get started.

You have what it takes. You always did.

## Finding Motivation

Everybody is excited in the beginning. That's why New Year resolutions are so exciting. However, as time goes by and the initial excitement wanes, the toll of maintaining the effort starts to wear on most people.

They have lost the excitement and their resolution becomes nothing more than a daily grind. So why does this happen?

The answer to this lies in the fact that achieving anything of any value requires work, commitment, persistence, perseverance and patience. It's not easy to keep doing what you have to do to get to where you want to go.

Losing motivation is one of the main reasons people quit. What many people do not know is that motivating yourself is not a one-time thing. The famous motivational speaker, Zig Ziglar, once said, "People often say that motivation doesn't last. Well, neither does bathing - that's why we recommend it daily."

This must always be borne in mind. You must constantly motivate yourself every day or every few days to keep up the excitement and vision of your goal. If not, you will lose interest and the entire process will become torture.

One way to motivate yourself as far as fitness is concerned is to have a workout buddy. Both of you will be accountable to each other. When one is down, the other can motivate them to get off their butt and get to the gym and vice versa. That's one way to do it.

What if you don't have a friend who can work out with you?

Then you need to motivate yourself. Sign up for Facebook and like as many fitness pages as you can and also the pages of fitness celebrities such as Frank Medrano and Emily Skye. The tips and motivation from their posts will not only motivate you but also educate you in fitness and health.

Place a few picture of fit bodies that you would like to look like, around your house. The constant visual reminder will be beneficial.

You will need to dig deep within you and always remember the reason you started on your weight loss journey or body toning quest. There is always a reason and you should always remember it.

There are 25 quotes below to help motivate you. Print out or write out one that resonates with you. Read it before every workout. Read it every time you don't feel like training. Read it whenever you feel tempted to eat something you shouldn't. These quotes will help you in the long run.

- Motivation is what gets you started. Habit is what keeps you going.
- Suck it up... and one day you won't have to suck it in.
- When you feel like quitting, think about why you started.
- Sacrifice is giving up on something good for something better.
- Discipline is just choosing between what you want now and what you want most.
- Suffer the pain of discipline or suffer the pain of regret.
- If you're tired of starting over, stop giving up.
- Sweat is fat crying.
- What you eat in private eventually is what you wear in public.
- If it's important to you, you'll find a way. If it's not, you'll find an excuse.
- If you eat what you have always eaten, you'll weigh what you have always weighed.

- If it was easy, everyone would be doing it.
- Nothing tastes as good as being fit feels.
- In life you have 3 choices. Give up, give in or give it your all.
- Excuses burn zero calories.
- If it doesn't challenge you, it doesn't change you.
- Pain is temporary. Quitting is forever.
- You don't have to be great to start... But you have to start to be great.
- Nothing will work unless you do.
- Dead last finish is greater than did not finish, which trumps did not start.
- Blood, sweat and respect. The first two you give. The last you earn. Give it. Earn it.
- Life never gets easier. You just get stronger.
- No rest is worth anything except the rest that is earned.
- The only bad workout is the one that didn't happen.

Ultimately, only you can keep the fire within you burning. Don't give up on yourself. You are all you have got as far as getting fit is concerned. The training and discipline may be bitter but the rewards are sweeter than any soda or cake you can ever have. Stay strong.