

by Chris Reabel

# FALL BACK ON FITNESS

## Preparing for SHORTER DAYS + STAYING FIT with the Seasons

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A change in season is the perfect opportunity to tune up your Health and Fitness game for a smooth transition in your routine.

Fall brings many changes. We put aside our outdoor summer clothing and gear and often want to spend more time indoors. Barbeques, ice cream and cold drinks on outdoor terraces have likely generated a few extra pounds around our waist line. It's time to "Fall Back into Fitness." Prepare yourself for a successful transition by answering the following questions:

### What is it that you want?

What behaviours do you want to change? Make a list of what you want. Whether you want to eat healthier, exercise more frequently and consistently or sleep well, etc. You first need to know what you want. Be bold and be specific!

### Set up your environment

What will you have in your fridge and on your plate? Do you have comfortable

workout clothes? Do you need to sign up at a gym, register for a class or enjoy the beautiful fall weather outdoors? Visualize where your new behaviours will take place. Decide what and whom you want to be around. Setting up your environment will establish the foundation for your new routine.

### Accountability

Who will you surround yourself with? Do you have friends to exercise with? Surround yourself with positive people who will uplift you, support you and help you achieve your goals. Trainers, coaches, fitness instructors and other like-minded people will serve as accountability and ensure that you stay on track.

### Shift Your mental limitations by altering your mindset

What are your beliefs? Do you believe that if you lose weight you will gain it back? Do you believe that exercise is hard and that you will have to push through the pain? Is gaining weight during the summer



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normal for you? Could you believe you that you can get fitter this fall? Identify what belief doesn't serve you and elicit what you want to believe instead. Create lifestyle change instead of a temporary fix. Believe eating healthfully tastes much better and that exercise is fun and part of your life.

### Who is it for and why are you doing it?

Outside of your own goals, who else are you helping? Are you a healthy role model for your kids? Identify with the person that you want to become. Hear yourself say "I am living a healthy lifestyle. When you think beyond yourself and unfold the reason behind your goals, you may find the extra motivation to stick to your plan.

### What obstacles may be in the way?

Prepare your potential obstacles you may encounter and rehearse what you will do about it. Remove temptation by moving towards something you identify as "good" instead of moving away from the "bad."

### Break it down into manageable chunks

Start simple. Break it down into smaller chunks. Replace one behaviour at a time; a great goal is one behaviour modification every week, step-by-step creating the life that you want. ☯



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