

eBook



5 STEPS TO **Get Motivated, Kick-Start Your Fitness & Feel Awesome**

(Without Having To Go To The Gym)

Who this eBook is for

Do you want to get in shape, look & feel fit and have loads of energy - BUT gym workouts just don't work for you?

Maybe it's the hassle of travelling. Or maybe you just don't enjoy a public room full of sweaty strangers...

Either way - we're so glad you're here.

As a team of trainers home-visiting and online trainers, we've helped 1,000+ people all over the country get motivated, be fit and feel awesome - through empowering home fitness programmes.

In 15+ years of experience, we've discovered that the key to being fit, healthy & motivated is not as complicated or out-of-reach as it sounds. In fact, you can break it down into 5 simple steps.

We're here (and excited) to help you break through the rut. To get motivated. And to start on the road to looking and feeling great. That's why we've taken decades of collective experience and packed it into this straight-forward, step-by-step guide.

Are you ready to start your home fitness journey?



STEP 01

Define Your Goals

To empower motivation and long-term fitness success, the first step is to understand what you really want. There are three mini-parts, each helping to inspire action.

The first is to define your 'nutshell goal'. This is a simple tagline or summary of what you want - for example: "Get fit, lose weight, have more energy".

The second is to turn these goals into specific, measurable targets (aka SMART goals). Knowing what success looks like inspires action, and will help you know when you've arrived.

For example: "In 3 months, I want to be able to climb the stairs without feeling breathless, drop 1 stone, and finish the working day with plenty of energy still leftover."

The final part is to understand why these goals are important to you. Attaching real-life meaning to goals creates a powerful anchor to help you stay motivated and on track. This might sound something like:

“I want to be strong, free from pain & feel in control of my body and my life.”

“I want to look good, feel confident in my body and be more attractive to my partner.”

“I want to live longer, feel more energised and give more to my job and family.”

Defining your goals in a nutshell, being specific about what that looks like - and knowing your 'why' - is the start of an exciting journey towards long-term fitness success.



FIT TIP

If you're anything like us, taking time to stop and think might feel like a waste of time. Wouldn't it be better to start meal-prepping or doing squats?

In truth, the power of motivation and follow-through action is in large part down to the time spent getting clear on your goals and what that means to you - and in our experience it really works.

Let us encourage you to spend 10 minutes answering these 3 questions. It will be an investment into your future fitter, healthier & happier self!



WHAT NOW

Write down the following on your complimentary Fitness Tracker - [click here to get yours](#):

- **My main fitness goals in a nutshell are...**

- **These goals are important to me personally because...**

- **I will know when I am successful when...**

Why Personal Training?

We want you to experience transformative results to get motivated, kick-start your fitness and feel great.

Having a trainer brings focus, motivation and knowledge - and accelerates progress. To learn more about how we use the 5 Steps in our own training, check out the '**Why Personal Training?**' checklists.

Here you'll find some practical ways you can boost motivation, super-charge your fitness and feel great - now and for years to come.

Personal training helps with highly effective goal-setting. Here's how it can help:



Keep goals achievable

Setting realistic goals is important. Having a fitness trainer help you define them gives you the assurance that they are achievable within your desired timescale.



Extra motivation

Having a fitness expert there to ask the right questions and invest in your success is an empowering way to get motivated - and makes the process much more fun.



Brings validation

Having someone who understands the journey and how it works helps you feel more confident you're on the right track, and committed to get started.



"I was feeling sluggish and unfit and my trainer helped me set realistic and achievable goals. My trainer is great at motivating me and keeping the workouts fun and dynamic."

- Amanda

STEP 02

Choose Three Habits

Health and fitness has the power to help you look good, feel strong, and be more energised in every area of life.

Where adding extra pressures can sap energy and lead to overwhelm - keeping it simple brings greater confidence, freedom and long-term success.

Habits are a proven way to achieve your fitness goals. They're like a tailor-made roadmap - with achievable milestones for each day. Unlike complex plans, habits are easy to follow and to track - and they really work!

All you need to do is pick three that best match your goals - and start doing them today!



FIT TIP

If you're an "all-or-nothing" person, you might be tempted to add lots of new habits in one go.

In practice, starting too many habits at once isn't sustainable. In fact, the fewer habits you choose, the more likely you are to stick to them.

The key is choosing the top 3 most important habits that will make the biggest difference to your goals today - and stick to them like glue.

Take a moment and ask yourself: "what 3 actions, if I did them every day, would lead to me achieving my goals from Step 1?"

To help you get started, here are some of the habits we've found to be most effective in getting motivated, kick-starting your fitness and feeling awesome:





WHAT NOW

Pick three from the following - or create your own - and write them down in your complimentary [Fitness Tracker](#).



Get 8 hours of sleep

Take hourly 5 min walk breaks

Start the day with quiet time



Do 30 minutes of exercise 3x a week

Do 10,000 steps

Have 30 minutes of active play-time with the kids



Make a third of main meals from vegetables

Eat 90% single ingredient whole foods

Replace sugary snacks with fruit



FIT TIP

Always keep habits specific and measurable. Being clear about whether or not you have completed it each day will allow you to track your progress much more easily (see Step 3).

Why Personal Training?

Personal training takes habits and super-charges them with fitness sessions & support:



Your own bespoke plan

Having a trainer to offer personalised advice on exercise and healthy eating and guide you on which habits will make the biggest difference will help you reach your goals more quickly.



Fitness sessions

A lot can be achieved through daily habits. Super-charging them with regular workouts will accelerate your fitness and help you be more motivated to make better choices too.



Extra motivation

Having a trainer commit to checking in and supporting you with your habits each week is highly effective for helping you stay accountable - helping you experience better lasting results.



My trainer is fantastic, formulating bespoke programs based on your profile and targets.

- Seyda

STEP 03

Track Your Progress

When done right, tracking is quick, easy - and really powerful in helping you establish long-term habits.

Think of your habits as mini-goals. You get a mini-reward every time you complete them - and a weekful of completed habits brings you that much closer to where you want to be.

There are two types of tracking:

Activity tracking is a log of what you do each day - this means your daily habits, and can also include workouts you've done, steps completed or a photo food diary.

Progress tracking is a log of measurements that relate to your goals - and might include things like weight, resting heart rate or any fitness assessment.

As trainers we help clients measure both of these, because they are great tools for staying motivated and consistent. Measuring activity and progress together means you can see what's working, and keep evolving your plan.



FIT TIP

Tracking activity and progress helps you:

- **Be motivated by your own success and good behaviour**
- **Understand what works and what doesn't**
- **Stay accountable to yourself**
- **Be more focussed and committed**
- **See better results over a longer period of time**



WHAT NOW

Using your [Fitness Tracker](#), track activity by ticking off habits each day - then record progress measurements under each week.

Alternatively, try using a habit tracker app on your phone or smart device.



Why Personal Training?

Having a personal trainer allows you to track your progress more effectively:



Health & fitness assessments

Getting periodic measurements of your health & fitness enables you to understand your progress - so you can be encouraged by improvements and know where best to focus your energy.



Workout tracking

Seeing specific improvements in your strength and fitness from one workout to the next is very motivating - and helps you know that your training is working!



Trainer check-ins

Being accountable to a trainer who can encourage and support you each week is one of the most effective ways to stay motivated and achieve long-term results.



They write tailored programs and check in with you regularly on the progress you're making to ensure you're getting what you want out of your sessions with them."

- Julie

STEP 04

Get Support

Getting motivated and kick-starting a fitness plan works best with the help and support of the right people around you.

Whether it's friends, family, a focus community or a one-to-one trainer, support from others will radically improve your chances of long-term fitness success - and makes the journey much more fun too.

Having support gives you confidence that others are invested in your journey. It helps you stay motivated and accountable, it reminds you you're not on your own - and it means you always have people to turn to when you need it.

Here are three of the best ways to be supported and accountable on your fitness journey:

- 1. Share your plans** - tell people about your goals and send out regular progress updates. Sharing your journey helps you take it more seriously, and invites people to become a part of supporting and championing you.
- 2. Invite a friend to join you** - commit to your goals together, schedule in weekly chats to discuss your progress - and use each other for inspiration, ideas and encouragement throughout the journey.
- 3. Get a Personal Trainer** - having a dedicated trainer leading you through the steps and supporting you in your success will help accelerate your progress and help you get where you want more quickly - and via the most effective route.



FIT TIP

Once you've thought of who you'd like to ask, don't wait around - contact them right now and tell them you want some help with your fitness goals!

Find out more about [At Home Fitness personal training here](#).



WHAT NOW

Decide who you're going to ask for help, and get in touch to start the ball rolling.





Why Personal Training?

Having a personal trainer is the ultimate support system to help you achieve your goals. This is why:

-  **Commit to workouts**
Pre-scheduled sessions with your trainer means you'll be committed to regular workouts, get more out of each session and be more motivated to exercise by yourself.
-  **Personalised programme**
Your trainer will adapt workouts and evolve your programme to your fitness, preferences and specific needs - so you'll always get the most out of your sessions and move towards your goals more effectively.
-  **Real-time feedback**
Feedback and reinforcement on technique, effort and performance will help you build confidence, reduce risk of pain and injury and enjoy your body more.
-  **Coaching & support**
Having a trainer checking in, supporting you in your habits and helping you nurture a positive mindset will help empower you towards long-term health and fitness.
-  **The power of investing**
When you invest in a fitness programme you'll feel more naturally committed and follow through with it to see great results.



"At Home Fitness have helped me achieve my fitness goals with weight training, cardio work and nutrition advice."

- Melody



"My trainer took my preferences into consideration. They made the workouts fun and kept me motivated throughout my training."

- Arzoo



"If you are looking for a trainer who is going to help you achieve what you want but at the same time respect your limits then I can't recommend At Home Fitness enough!"

- Adam



"It's more important than ever to stay fit and healthy and this is a brilliant, simple & convenient way to do it!"

- Jane



"I have never been stronger, or more body-confident in my life."

- Emma

STEP 05

Re-focus

So you've managed a month of healthy habits? Well done! Let us encourage you - your journey has just begun.

When it comes to staying motivated, having a follow-up plan is the key to experiencing long-term results. Say you get to the end of a 30-day stint and things have gone really well - or maybe life got in the way and things didn't quite go to plan - **then what?**

Having a follow-up strategy changes the process from a one-hit-hope to a transformative, long-term solution. After every training phase, we sit down with clients for a 'Re-focus' session - checking in, measuring progress - and establishing the best new plan moving forward.

Take a few minutes every 30 days to re-focus using these 4 simple questions - or ask someone to talk you through them. Remember, you're only ever a few steps away from a plan that could change your life...

- **What progress have you made?**

Checking in on how you've benefitted - as well as any empirical measurements like weight or a fitness assessment - enables you to evaluate your progress, and informs how you might adapt your plan from here.

- **Are these goals still what you want?**

Goals often change and evolve. Sometimes it just takes a while to get clear on them. Either way, going back to your goals helps reinforce what you're aiming for - and why that's important to you.

- **What changes do you need to make to your plan?**

Being honest about what's working (and not working) helps establish whether your habits are effective and realistic - and enables you to adapt them to best help you moving forward.

- **What support do you need for this next phase?**

Whether it's a friend, trainer or focus group - long-term results are most effective with the right people and support system. Who can help you keep moving forward from this point onwards?



Write your answers down on your [Fitness Tracker](#) and get started with your new plan today!



FIT TIP

We recommend asking a friend or [personal trainer](#) to help you re-focus. When motivation is running low - sharing your plans can really help.

Why Personal Training?

We take clients through a re-focus session after their initial six week programme, and every two months thereafter. Here's how they can help:



Progress measurements

It's helpful to quantify improvements. Having a range of assessments helps you see exactly how you've improved. As changes happen gradually, measurements help you see how far you've come.



Expert guidance

It's not always easy to know what's working (and what isn't). Having a trainer can help you adapt and evolve your plan with more effectiveness - giving you more confidence for the next phase.



Support & encouragement

Having someone supporting and encouraging you helps you avoid self-judgement - and enables you to stay strong and committed to keep moving forward.



"I have gained a new confidence in myself, with a new determination to succeed and continue all the great work and improvements I have achieved."

- Leon



What next?

This guide has been designed to help you start the journey to getting fit, being healthy and feeling great - from home.

We've used this 5-step approach to help thousands of people get motivated, transform their fitness, and feel happier & more confident. We hope you found it helpful.

If you enjoyed this eBook and want help getting started, here are three ways we can help you kick-start your health and fitness from home:



Follow our Facebook page. For tips, support and extra content to help you on your fitness journey: www.facebook.com/athomefitness



Join our Get Fit From Home group (coming soon). Find a friend to join you in the 5 steps, and be supported on your journey within a like-minded community. Register your interest here: www.athomefitness.co.uk/get-fit-from-home-group



Book a FREE Discovery session. See how you can transform your fitness from home through 1-to-1 personal training. It's the ideal way to help you get motivated, kick-start your fitness & feel awesome - without having to go to the gym. www.athomefitness.co.uk/find-my-trainer

**Thank you for joining
us for the journey!**



www.athomefitness.co.uk