

FIT FORWARD >>



# HOW TO GET BACK TO YOUR WORKOUT ROUTINE

# How to Get Back to Your Workout Routine After a Holiday



## The Struggle is Real

Coming back to your workout routine after a holiday can be daunting, but with a few simple tips and tricks, you can make the transition easier and regain your motivation for exercise.

## Our Top Tip

### 1 Start Small

Don't try to do everything at once. Start with shorter workouts or lower weights and gradually build up.

### 2 Find a Friend

Working out with a friend can help keep you accountable and motivated.

### 3 Switch it Up

Try a new workout class or change up your routine to keep things interesting.

## Stay Motivated

In this article, we've explored some of the common struggles faced by many after a holiday and provided helpful ways for you to ease back into your workout routine. Remember, consistency is key and you've got this!

# How Holidays Can Affect Your Workout Motivation

"It's easy to lose sight of your fitness goals when you're on holiday. You're surrounded by great food, exciting activities, and you're in a relaxed environment, which can all lead to a lack of motivation to exercise."

To make matters worse, after a holiday, you may find it challenging to get back into your workout routine, especially if you were away for an extended period. Many individuals may experience feelings of guilt, poor body image, or low energy levels, which can prevent them from taking the first step towards resuming their exercise program.

# Common Struggles Post-Holiday

## 1 Jet Lag

Traveling across different time zones can disrupt your sleep and make it harder to stick to your workout routine.

## 2 Exhaustion

Holidays can be tiring, both physically and mentally, leaving you feeling drained and less motivated to work out.

## 3 Weight Gain

Indulging in lots of food and drink can lead to weight gain which can take away motivation to train.

# Ways to Gradually Ease Back into Workout Routine

## Start Slowly

Start with short and simple workouts to ease your body back into exercising.

A brisk walk or light jog can help to get your body moving again.

## Make Exercise Fun

Choose exercises you enjoy and that promote fun, fitness activities.

For example, try a new class or sport.

## Set Goals

Set realistic goals for yourself and track your progress as you go.

This will help to keep you motivated and accountable.

## Tips for Finding Motivation

- Find a workout buddy. They can keep you accountable and make it more enjoyable.
- Invest in some new workout gear to feel more excited for workouts.
- Make a playlist of your favourite songs to energise you for workouts.

# Importance of Setting Realistic Goals

Setting goals help you to establish a clear vision of what you want to achieve in your fitness journey. Realistic goals prevent disappointment, feelings of frustration and eventually reduces the chance of losing your motivation to follow through with your exercise routine.

# Encouraging Words for Pushing Through a Slump

"Remember, even small victories towards your goals are still victories. It is not a race but a journey."

Progress and setbacks are a natural part of your fitness journey. Instead of getting discouraged, try to stay positive and focus on your accomplishments. Don't forget to celebrate them, however small they might be. You got this!



# Benefits of Consistency

Improved fitness levels	Regular exercise will improve your fitness levels over time.
Better Sleep	If you exercise regularly, you'll experience better quality sleep which leads to better mood and more energy.
Enhanced brain function	Exercise boosts blood flow to your brain, which can enhance cognitive function, memory retention, and overall productivity.



## Let's Reach Your Fitness Goal

Have any questions or concerns about your fitness journey? Don't hesitate to ask! As your personal trainer, I'm dedicated to providing you with the best possible experience, and I'm always here to help. Whether you need assistance with a specific exercise or just want to chat about your progress, I'm here for you.

Contact Me [07706131769](tel:07706131769) Email: [andrew@fitforward.co.uk](mailto:andrew@fitforward.co.uk)