

## **Fitting Training into a Busy Schedule**

Having a perceived lack of time in your life to exercise is one of the most sure-fire ways to hinder your progress or stop it completely. You could ask any trainer what the most frequent excuse is for their clients missing a session and they would probably all say the same thing- “I just didn’t have the time” or “I was busy”. While I know that you are likely to have a whole host of things which you consider to be more important than going to the gym it is important to realise what needs to be done in order to get the results you want.

I often find that people who don’t have a specific training goal are the same people who fail to prioritise it highly enough to squeeze it in. If you are serious about improving your physique, performance or health it is vital that you know exactly what you want to get out of the time you put in. If you have the specificity of your goal exact your motivation will go up and you can trust me on this! I will give you an easy example to help prove my point. You and a friend want to lose fat. Your goal when asked is “weight loss” (hardly specific) and your friend’s goal when asked is “to lose 7kg of fat before my wedding in eight weeks time”. Now, which of the two do you think is more likely to be dedicated towards their goal? The take home message is having a specific goal, a deadline and a reason why you need to do it makes you a lot more likely to achieve it. It can be easy to predict who is going to still be in the gym in six months just by finding out why they are there. A lot of people don’t really know- they are more likely to be the ones who don’t last.

Think of the gym as a job. You know what you have to do, you understand the steps you have to go through to achieve it, you do it and you succeed. Jobs have deadlines, financial projections and specifics; not just “to make more money”.

I appreciate that you probably have a lot on your plate right now and a lot of things which you need to do before you can even think about getting in the gym. What I would recommend to you is to realise how effective exercise can be on your productivity and mental state. I know investors who believe keeping yourself healthy in body and mind are one of the most important things for your business. At the end of the day, if music moguls and celebrities can fit it into their schedule I am sure you can do the same; it just comes down to if you want to or not.

If you really feel like time is a constraint and you are not happy to spend the appropriate time exercising then it is even more important that you are exercising efficiently. You can burn fat and build muscle on short thirty minute sessions if you are exercising well.

So, do a little self-assessing first.

- 1) Do you know *exactly* what you want from your training programme?
- 2) Do you know *exactly* what you need to do to get you there?
- 3) Are you prepared to do that?
- 4) Are you prepared for any consequences of doing those things? Examples could be getting up earlier, taking your own food to work and buying new clothes once the old ones don’t fit.

If you can answer yes to all of these things you are well on your way to achieving your goals, if not it is definitely worth dedicating a bit of time to yourself to think about what you want before attempting it with less than worthwhile effort.

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