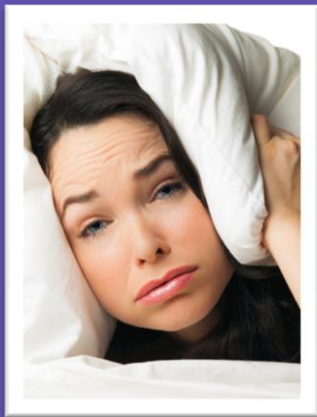




# TARGET TIPS



## METABOLISM MATTERS

Having a current metabolic rate test is key to keeping realistic goals in sight. Your  $VO_2$  Max test can help you stay in your fat burning zone or avoid overtraining, whatever your individual goals may be. When trying to lose weight, be sure to get repeat RMR tests so you can adjust your caloric intake to keep you on track with your changing body. Remember, when it comes to metabolism, every body is different!

## GETTING TOUGH When It's Tough to Get Going

*It's 6am and your alarm is sounding. Loudly. You are dying inside because you know it's time for your daily workout. Not today, you're thinking. I just can't workout today – any day but today.*

Sometimes the motivation to workout is almost nonexistent. You know it's the best thing to do, but for some reason you just don't want to do it. For those days when it's tough to get going, here are five ideas to help you get started:

**Complain loudly, but only while you dress.** Sometimes you just have to let it out. If you make a rule of dressing while complaining, you'll be ready to go by the time you're done "bellyaching." The only thing left will be to get out the door.

**Find your inspiration.** What moves you? Is it watching Crossfit videos? Listening to *Eye of the Tiger* by Survivor? Or maybe it's looking at that photo of Jennifer Aniston or Bradley Cooper. Whatever it is, find that inspiration and use it to get you going!

**Rebel against your routine.** Is it time to switch things up? Maybe today is the day you go swimming instead of running, or the day you take a new route. This won't work, though, if your rebellion results in sitting at home eating brownies. Rebel like a warrior, not a couch potato!

**Start out small.** So you don't want to do the whole workout – fine! Decide to only do 10 minutes of it. Or 5. Or just two songs. Often you'll find that after you get started, you'll want to go just a little bit longer, then a little bit more, until before you know it you've finished the workout.

**Move!** Get out there, even if you don't end up doing your planned workout. Walk, dance, strike a Rocky pose. Do something that gets you to move, because the key to finishing any workout is to simply start.