

# Let it FLOW

Volume II, Issue I

"Fitness starts on the inside. When you feel good, you look good."

May 2007

## Motivation: It's Not a Secret

Do you often find yourself saying "I wish I had more motivation?" There is no shortage of motivational speakers, movies, products and books prodding us to do more, be more and have more. We are constantly being motivated to be our best self, become more financially secure, live healthier, and even help save the environment. You may buy the products, but what do you do with them? Are you making a real change in your life based on the information in these products? If not, then are you truly motivated? Sure you were motivated enough to buy a product or service, but did your motivation go beyond that initial purchase?

By definition motivate means to "move to action". Buying a book and letting it sit on your shelf is not enough action to truly make a change.

I believe motivation comes from within. The speeches, books, and movies may be the inspiration we needed to think about change, but the true motivation must come from within you. Motivation to not only think about change, but to take the steps necessary to make the change. As with everything you've got to do the work to see results.

Last month I asked you "What's Stopping You?" You might say I had you thinking about the "negative". Perhaps, yet I also believe in awareness. Whether or not you have a new awareness of what's stopping you, this month I want to think instead about what motivates you. Ask yourself "What excites me?", "Where do I get my energy?" "What makes me smile?"

When it comes to exercise I'm motivated by how I feel and more recently by the weather. I love to be active outside! When I'm lacking energy and need a pick-me-up I listen to my favorite music and I'm able to run faster, longer and happier!

Motivation is different for all of us, and it's important to find out what motivates you. To help, this month I've included motivational tips that have worked for me, a list of my favorite "pick-me-up" songs and of course the May Quick Poll: What Motivates You? Once you figure it out the question becomes "What am I waiting for?"

Have a Motivational May!

Be fit  
Be well,

Stacey Shipman

## 5 Fitness Motivation Tips

We find motivation in different ways. What works for others may not work for you. Below is a short list of what works for me. Maybe it will provide you a little inspiration to think about what suits your personal style.

**Reward Yourself** – There is nothing I enjoy more than a reward! Did you run longer than ever before? Drop 5 pounds by eating healthy and exercising? Did you stay with a new routine slowly and consistently? Whatever goal you achieved, it's o.k. to reward yourself. A new outfit, a day off, or even an ice cream cone can give you the motivation you need to keep going.

**Music** –When I'm feeling tired before a workout, I put on my favorite music and my energy is automatically renewed. Take some time to make a mix of your own. Need some inspiration? See my list of favorite songs below.

**Have some fun!** – I don't know anyone who isn't motivated by having a little (or a lot) of fun. Are you enjoying what you do for physical activity? If not, it's time to try something new. Step out of your comfort zone and do something you enjoy!

**Don't go it alone** – I've said this before and I'll keep saying it. If you're not motivated to be active alone, grab a friend or find a group of like-minded individuals to meet up with. You'll find yourself motivated by the community and the sense of accountability.

**The weather** – This time of year is truly a motivator for me. The sun rises early, the morning temperatures are warmer and the birds are singing! Take the opportunity to start your day with even a 10 minute walk outside. The peace and quiet will get you started on the right foot.





## Stacey's Top 10 Workout Songs

These songs not only motivate me during a tough workout, they also put me in a great mood regardless of where I am or what I'm doing!

1. **La Vida Loca** – Ricky Martin
2. **What is Love** – Haddaway
3. **Turn the Beat Around** – Gloria Estefan
4. **You Should Be Dancing** – Bee Gees
5. **Don't Stop Til You Get Enough** – Michael Jackson
6. **Running Down a Dream** – Tom Petty
7. **Livin' on a Prayer** – Bon Jovi
8. **Go Your Own Way** – Fleetwood Mac
9. **It's Raining Men** – The Weather Girls
10. **Don't Stop Believing** – Journey

Are you motivated by certain songs? [Tell me](#) what's on your iPod and I'll add it to the list. A little motivation for everyone!



## Upcoming Events

*Let it Flow will be participating in the following community events that are open to the general public...*

- **“Aging is Everyone’s Business”** – *Tuesday May 15, 5pm to 9pm, Lombardo’s Randolph.* Come visit the Let it Flow exhibit booth at this event. Event sponsored by South Shore Elder Services.
- **Queen for a Night** – *Saturday May 19, 7pm to 11pm, Sacred Heart School, Quincy.* This special fundraising event for ladies will pamper and relax you. Let it Flow will be leading 15 minute yoga demonstrations.

## Ongoing Classes

- **Hatha Yoga** - *Thursdays ongoing 6:15pm to 7:15pm at the Halifax Country Club.* You do not need to be a club member to participate.
- **Hatha Yoga** – *Wednesdays, ongoing 6pm to 7:15pm, Healing Tree Yoga, Quincy.* This class is suitable for all levels. Drop-ins welcome!

## Coming in June

- **Walk and Yoga** – *Tuesdays, beginning June 5, from 7:00am to 8:00am at Nantasket Beach in Hull.* Get a fresh start to your day with the ocean breeze and a gentle stretch.
- **Yoga for Runners and Athletes** – *Saturday June 2, 10:45am to 12:45pm, Body to Soul Fitness, Pembroke.* If you suffer from tight hips, lower back and shoulders and would like to improve your running or athletic performance join us for this 2-hour workshop.

**Sound like fun?**

Visit [www.letitflowfitness.com](http://www.letitflowfitness.com) for more information.