Stay Active, Stay Successful

You’ve made major strides in incorporating more movement into your life. Give yourself a mental high-five (or, if you’re flexible enough, a pat on the back)! Now it’s time to try to crank it up a few notches. As important as exercise is during the process of losing weight, research shows it’s even more critical for maintaining that weight loss and transforming the shape of your body.
Do You Need to **UP** Your Fitness Game?

Besides increasing the number of calories you burn throughout the day, exercising regularly helps you look leaner, more toned, and well defined. (And that’s in addition to the countless other perks—increased stamina, better cholesterol and blood pressure, and better mood—just to name a few!) And now that you’ve slimmed down, and you’re feeling fitter and stronger, physical activity probably feels more comfortable than it has in a long time (if ever!)—making it easier to exercise longer, more often, and/or more intensely. Now it’s time to kick it up a notch to challenge your body so it continues to reap the same powerful calorie-burning, cardio-boosting, and strength-building benefits as you did when you first began exercising in Week 2 of the Real Appeal program.

To make sure your workouts stay vital and effective, let’s re-assess your fitness plan to find out how and where (or if) it needs fine-tuning.

If you’re feeling like your workouts are no longer working, you just may need a fitness reboot. Taking a closer look at the most common “exercise roadblocks” may help pinpoint what’s not working with your activity plan.

In a way, this is a good sign— it means you’re getting fitter. Congrats on that! But it also means that you’re not reaping all of the physical benefits you could be and should be from your workouts. The key to continued gains in fitness (and not in pounds) is to pay attention to your progress: When you can easily achieve one level, immediately reset your sights on the next. As your body adapts, continue to readjust, progressively cranking up the challenge as you go!

**Solution:** Bump up the intensity of your Real Moves, Walk It Off! or DIY programs. Let’s say you chose the Real Moves Basic calendar for the first four months of the program, and now, five months in, you’re still repeating Week 16. Now, give the Real Moves Intermediate/Advanced calendar a try for the next four months. If you’ve worked your way to the end of the Intermediate/Advanced calendars for the Real Moves videos, Walk It Off! or DIY programs—awesome! Now boost your results by adding minutes, intensity, or one (or more) extra workouts to your week.

![Rate of Perceived Exertion (RPE) Scale](image)

<table>
<thead>
<tr>
<th>Rating</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>10</td>
<td>Out of breath; you can’t talk!</td>
</tr>
<tr>
<td>9</td>
<td>Huffing and puffing; you can say only a few words at a time.</td>
</tr>
<tr>
<td>7-8</td>
<td>Breathing heavily; you can speak only a sentence or two at a time.</td>
</tr>
<tr>
<td>5-6</td>
<td>Definitely breathing harder than normal; you can carry on a short conversation but with some difficulty.</td>
</tr>
<tr>
<td>3-4</td>
<td>Breathing easily and talking are no problem; you could keep this up for hours!</td>
</tr>
<tr>
<td>1-2</td>
<td>Breathing normally because you’re not working hard, if at all!</td>
</tr>
</tbody>
</table>

The biggest source of exercise boredom is monotony: If you do the same workouts day after day, it’s totally natural to fall into an exercise rut. But you deserve to enjoy your physical life! It’s time to take steps to make sure you do.

**Solution:** Try something new with the DIY approach. Maybe you’d enjoy a gym class like Zumba or BodyPump; if you’re already tried those, how about trying something trendy such as a barre, rowing, or power yoga class? Even a seasonal workout (paddleboarding or cross-country skiing, anyone?), or a fusion fitness class, like aqua cycling or hot Pilates could become your new passion. (Check out Groupon for workout deals in your area.)

With **Real Appeal**, there are always more strategies to help you reach the next level. Work with your coach or your Success Group to find solutions to obstacles so you can stay successful.

You can’t get into the right zone

If you’re barely breaking a sweat during an exercise session, or if your muscles don’t really feel challenged by a weight workout, it’s time to broaden your comfort zone.

**Solution:** While walking, biking or jogging, use the ratings of perceived exertion (RPE) scale (below and in the Real Moves Fitness Guide) to hit at least a “4”—a “6” or “7” is even better if your doc’s okay with it. Consult a doctor before performing this or any exercise program. To challenge your muscles, increase the amount of weight you’re lifting, or increase reps at your current weight.
It’s Time to Pump You Up!

Feel like you’ve lost your exercise mojo? Here are a few ways to get your groove back.

Buy new workout gear. A new top in a vibrant color, some sleek workout pants, or even some stylish shoes, can make working out (and showing off) fun again.

Train for a 5K or a charity event. When you select a specific goal, especially for a great cause, you’ll feel so inspired! When you pursue that goal with a friend or a running club, you’ll get extra help and support to continue pushing yourself physically.

Start a lunchtime walking program at the office. What a great way to incorporate some movement, fresh air, and camaraderie into your workday—and burn some extra calories while you’re at it!

Find a workout buddy. Making a standing date with a friend ratchets up the fun factor and helps you stay accountable with your workout plans. After all, you wouldn’t want to disappoint your buddy by canceling! A 2014 study found that being accountable to others is one of the most powerful factors influencing adherence to exercise.

Remember why you’re doing this. Reflect on your initial reasons for wanting to lose weight and shape up. Revisit your goals that you set at the start of the program. Recommit to them and talk to your coach to see if you need to create new motivators.

Change something with a current activity. If you’ve been swimming, try a different stroke. If you’ve been walking, climb hills instead of striding on flat terrain. In your strength-training regimen, try using weight machines instead of free weights or kettlebells instead of resistance bands.

Compete with yourself. Wear your pedometer and try to increase your steps from one day to another. Remember the 10,000 Steps a Day Challenge (from pg. 11 in the Real Moves Fitness Guide)? Try it! You’ll be surprised how quickly you rack up the steps! Use your RealAppeal.com tracker to keep tabs on your progress, and acknowledge your personal bests along the way.

Incorporate intervals. Instead of walking or jogging at a steady clip, introduce some faster intervals within a given workout—perhaps by picking up the pace from one telephone pole to the next or one block to the next or alternating between 20 seconds of all-out speed and 20 seconds at a more comfortable pace. If this gets easy, do longer, faster or more frequent intervals. You’ll freshen up your workout and challenge your body in new ways; plus, this approach will help you burn more calories, drop body fat faster, and reap more cardiovascular benefits.

Seek new scenery. In the beginning of your program, a steady route may have helped solidify your routine. But now that you have a good rhythm going, it’s time to change the scenery! Take your walking, jogging, or cycling routine to a new area, and pay close attention to all the novel sights, sounds, and smells.

Create a series of new, inspiring playlists. Channel your inner DJ and put together some fresh and invigorating playlists to get yourself moving again.

Everyone Needs a Role Model!

Identify people you admire at work, the gym, in your neighborhood or in your social circle: Who is a good role model in the exercise department? What can you emulate about them? How do they inspire you? If you feel comfortable, ask for their advice, or simply borrow their strategies. Just thinking of that person can encourage you when your motivation is MIA.

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Commitment Contract

I’ll Stay Active to Stay Successful

I deserve to enjoy my workouts while still getting results. To that end, I will use the following strategies.

☐ I will review my initial inspiration for losing weight and update it with new reasons why I want to crank up my workout plan.

☐ I will try a new activity to keep my workout fresh and/or increase intensity or duration to avoid falling into an exercise rut.

☐ I will incorporate more NEAT opportunities by pacing during phone calls and walking or biking on errands instead of driving, whenever possible.

☐ I will use my RealAppeal.com tracker to record the exercise I’ve done and how it’s made me feel.

☐ Meanwhile, I’ll continue my other healthy habits to the best of my ability.

My signature: ____________________________________________

I will stay active to stay successful