

By Paul and Carolyn Feters



How to Get Someone You Care About to Exercise

If you are already an fitness enthusiast and wish that you could pass along your enthusiasm to your friend or family member but are unsure of how to go about it, we have a few suggestions.

Go easy on the advice

People tend to shy away from people who are over-zealous with their advice, even if it's good advice. When enthusiastic people give advice to someone who is resistant, perhaps that person may feel judged, rather than supported. Everyone knows that exercise is a good thing and that they should be engaging in something, and receiving advice supporting what you already know is akin to rubbing salt in an open wound. Ouch!

Remember what it was like to get started

Try to recall the days before you became such a fitness buff. Go back to the days when you weren't particularly fond of hitting the gym to lift weights or the park for a run...the "old you." Did you have someone in your life that helped you take it on or supported you in the beginning? If so, than be that person that was there for you. What did they do to motivate you to take it on? If not, than be the person that you wish that you had to motivate and support you in the beginning. It's hard to be self-motivated. Be the one to offer motivation to someone who needs it.



Focus on the benefits rather than the goal

When a lot of people think about losing weight they know that there are a few paths to take. Some try to do it without exercise. Some try to do it with only exercise. A few try to over-haul their lives and add the two components together. That path can look very dark and the light at the end of the tunnel very far away. As a friend, try to understand their apprehension and help them to see all of the benefits to taking on their new lifestyle, rather than just the goal of weight loss. That is really just the icing on the cake.

Build up your friends' self esteem with praise

Once you get your friend moving, continually remind her how well she is doing and how far she has come. "You are doing so well Sally, I am so proud of you! Just two weeks ago you couldn't have

walked this far!" If your friend feels like she is successful, then she will stick with it. People quit when they feel like failures. Don't let that happen to your friend. If she is seriously over-weight, than suggest walking rather than jogging. Keep it a positive experience.

Ask your friend to help you!

Some people rise to the occasion when they feel like they are helping someone else rather than themselves. Ask your friend to join you for daily walks at the beach to help you stay motivated and you may end up motivating them without them feeling pressured into exercise. Some people exert more effort for a friend than themselves!

Are you worried for your friend?

It's a thin line when you are concerned about someone's health and it may feel like a confrontation to speak to them about it. Seeing a friend put on a large amount of weight or acting depressed and isolated is a tough thing for all of us. You may have to put your friendship on the line to save your friend's life. Before you get the courage up to say something, get the name of a reputable expert in your area and have their name and number on hand when you tell your friend how much you care for him and are concerned for his well-fare. Speak from your heart and have a plan on how you are going to be there to help your friend. You just might save his life.

The Training Spot is a great way to get your friend in the gym! We offer a "shared-hour" format that would be a perfect way to utilize the "buddy system approach" to fitness! Just Decide to help someone you care about.

Paul and Carolyn Feters own two Training Spot Gyms and AMS Nutrition both located in Huntington Beach. The Training Spot 16942 Gothard St. and The Training Spot 440 Main St. They are the parents of four children in local HB schools. Paul is certified through the State of CA to speak in Nutrition, Fitness and Wellness. He regularly speaks to several Police and City Agencies throughout OC. If you have any questions about health, fitness or nutrition, please call either (714) 841-9294 or (714) 374-7448 or visit www.tspot.org