

Motivation! Liz Reighard ACE CPT and Health Coach

How to Stay Motivated

MotivationPersonal Trainer

By [Elizabeth Reighard](#)

Let's face it we all lose motivation to stay active once in a while. Part of the reason is that we are creatures of habit and tend to do the same things over and over. For example, when going to the gym, people tend to do the same machines or use the same peice of cardio equipment and naturally, they will get bored with that. A good thing to do, especially in the good weather, is to take your cardio outside. Go on a walk and breathe the fresh air or dust off that bike and take it for a ride. Another great thing to do is invest in a personal trainer who will take the time to design a program just for you. Then after you know your program, mix up the order once in a while. Working out doesn't have to be routine or boring! Let me know if I can help you in any way.

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Elizabeth Reighard
ACE Certified Personal Trainer
ACE Certified Health Coach
Precision Personal Training
Results You Can Count On