

PREMIERE COACHING ACTION ASSIGNMENT

Goal/Action - Assignments (Downloadable PDF)

LIFESTYLE – Week 6: **MOTIVATION**

Staying Motivated:

Last week, I asked you to set some “**SMART**” goals for yourself. This week, I want you to do some soul-searching with those goals.

1. Write down what that goal means to you and how reaching it would change your life.
2. Write down how bad you want to attain that goal.

For example: Maybe it will save your life, or maybe it means you can play with your kids or grandkids again, or maybe it will improve your self-confidence to seek a job or a relationship you’ve always wanted, or maybe it means being able to travel and see the world. Whatever the reason, make it a good one.

3. Take the one goal that means the most to you and post it back up on your mirror.

Before you begin your workout each day, read it aloud to keep you focused and on track. On those days when you are at a crossroads (for whatever reason)...You know...one of those crucial moments when you are not feeling it...when you feel you want to just crash and burn or skip out on your workout altogether. READ IT THEN to stay on track.

Here’s what you should also do:

- ✓ Do not negotiate. Instead, redirect the thought and visualize how bad you want to reach your goal.
- ✓ Think of how excited you were to get started in the first place.
- ✓ Remind yourself to keep the faith because what you’ve always wanted is right around the corner; and, if you push through this you’re that much closer to it.

Fantasize about all of that and how it will pay off for you – BIG TIME! Remember those endorphins?! 😊

Whether it’s that dress you want to get into or that bathing suit you want to feel confident and sexy in again. Or maybe it’s cleaning up your health, having that amazing body, or just being able to look in the mirror and smile because you are happy with yourself again. If you keep your goal posted and visit it daily it should keep you in check most of the time.

For more motivation:

- **Find the fun stuff** to get started; try new adventures, etc.
- **Get a partner**, friend, co-worker or join a club, find a group that’s active

NUTRITION - Week 6: EAT SMART OUT

Cheat Sheet

When eating out or at a party, try one or two of these tips and gradually incorporate more. Before you know it, it will be second nature. So don't let up.

Eat Smart Pre-Party Planning:

- Rule #1, DO NOT sit near the munchies.
- Rule #2, Eat before you leave home.
- Rule #3, Bring your own healthy munchies and hide them in your purse.
- Rule #4, Dress up the H2O and drink away.

Eat Smart When Dining Out:

1. Look for low-calorie menu items.
2. Pass on the breads that are placed on your table.
3. Sip on hot tea, hot water w/lemon, or a Pellegrino instead of alcohol.
4. Ask for salad dressing on the side and eliminate the gravy.
5. Ask for healthier options NOT on the menu, i.e. fruit or veggie w/ your meal instead of fries

WORKOUT - Week 6: ADD-ON

Adding on to the upper body workout. Continue core-strengthening exercises

For more exercises get my "Fountain of You" DVD's. It has 3 different levels. I can send them to you or you can get instant access online at: www.wendyida.com

Weight Training

The focus: Arms (Triceps and Biceps)

Depending on your level, here's how you do it: Start with → 10 reps

Curls – (Biceps)

- Beginner – in chair
- Intermediate – standing
- Advanced – standing (more weight)

Triceps Extension – (Triceps)

- Beginner – in chair
- Intermediate – standing
- Advanced – standing (more weight)

Upper/Lower Body: Monday – Wednesday - Friday

THE WORKOUT should look like this: [Do 2 to 3 sets, 3 days a week]

10 Squats	30 Side punch (active rest) 30-60 sec
30 Marches (active rest) 30-60 sec	10 DB Lateral raises
10 Push-ups	30 Marches (active rest) 30-60 sec
30 Marches (active rest) 30-60 sec	10 Curls
10 DB Rows	10 Triceps Extensions

Core Strengthening: Tuesday - Thursday - & Sat optional

CORE WORKOUT – Do 2 to 3 sets, 2 to 3 days a week (T/TH/S)

- 10 Abductor Raises, left/right side
- 20 to 60 seconds - Plank
- 20 to 60 seconds – Bridge
- 20 Bicycles (moved from M/W/F workouts)

- No rest between exercises
- Only rest (or stretch) at the end of a set, 30 to 60 seconds

Don't forget: Cool down & do your Flexibility exercises

1. Back stretch
2. Hamstring stretch
3. Quad stretch
4. Behind back chest & shoulder stretch