

KEEP POSITIVE IN TOUGH TIMES

It isn't easy to keep yourself motivated in these difficult times – let alone your students – but it is what we have to do as fitness leaders. We are coaches, cheerleaders, motivators, educators, confidants to name a few.

There isn't an exact science for keeping yourself, your family and your students happy but there are a few little things that may make a difference and really don't cost much.

Here are some suggestions to help guide your students during some tough times ahead.

1. Take time to meet and greet people as they come to your program. They are fitting fitness into their busy schedule and budget so acknowledge their commitment to wellness
2. Smile . Look at everyone in your class and give them a cheerful smile. It doesn't cost anything to smile
3. Add humour or some clean jokes. Example, I went on a diet for 2 weeks – and all I lost was 2 weeks.
4. Help socialize your classes with some innovative partner work that allows them to workout & chat with someone – yet they don't have to touch. An example could be to have 2 people tandem or bicycle with the noodles (2 noodles, both people facing the same direction and cycling to the other side or the length of the pool) . The back person may talk to the front person and then they turn around and the other person gets to chat. Suggest a topic – such as their favourite exercise.
5. Add some positive affirmations
6. Enjoy some mind body moves from yoga, tai chi & pilates exercises. We all need stress release. Change the music and slow things down at the end of the program. Give everyone the time to breathe, enjoy the moment & de-stress
7. Add some music that makes everyone sing – Beach Boys, Abba,
8. Have a playful competition – with some noodle exercises . Anyone who falls off their noodle– gets to “donate one dollar to the equipment fun” (and yes, you may have some money to buy new stuff in no time!
9. Set some goals for achievement. We are going to do 20 widths of walking or 5 bouts of cycling for 4 minutes or 20 jump ropes with noodles.
10. Talk about how gas prices are down - compared to the summer and yes, spring is just around the corner!

Top right photo is the City of Hamilton Instructor Group taught by Marianne Pacciocco

and photo -Marianne Pacciocco enjoying herself!

