**DO IT FOR YOURSELF**

If you are ever looking for a reason to get a bit healthier, lose a bit of weight and get a bit fitter then start by doing It for yourself.

We can have things that motivate us externally to exercise but we also need an internal drive that gives reason as to why you have chosen to change your lifestyle and put health and fitness high up on your list of priorities.

You may do it for your family – so you can be healthier to make life special.

You may do it as part of a work group or a challenge that’s in the office or with friends as a bit of fun.

You may do it for a summer holiday.

These are good motivators to get you going but at the end of it you need to have an inner drive that says I am doing this for me.

Time invested in yourself to improve your health is invaluable.

You can’t help others if you’re always the one that needs help, or if you’re not fit enough, or your health isn’t the best.

What you get out of life when you make fitness part of it is huge.

You feel empowered and physically stronger.

Your mentally tougher.

You have more energy.

You sleep better.

Your quality of life is improved.

You feel more mentally ready to reach for bigger goals.

You understand that results take time and planning.

No one can do it for you, but they can support you along the way and enable you to continue on your journey.

Not only you will benefit but also those you share your life with.