**CS EXERCISE MOTIVATION**

**Chalene Johnson:** This Episode of the Chalene Show is a special episode brought to you by *marketingimpactacademy.com*. It’s an online school that we open up registration to just once a year. If you want to know how to run an online business and you are not tech-savvy, if you want to build a better online business, if you don't want to be slave to your laptop or your phone or to feel you are constantly in social media, if you don't want to waste a ton of money developing websites or spending money on SEO experts, I invite you to check out *marketingimpactacademy.com* and if we have already closed registration by the time you hear this message, don't worry, we'll put you on our list and you will be first to be notified when we open up registration next year.

To learn more and to take advantage of my free teaching videos, go to marketingimpactacademy.com and of course, I'll include a link in my show notes.

**Male speaker**: Welcome to the Chalene Show. Chalene is a New York Times Bestselling Author, celebrity fitness trainer and obsessed with helping you live your dream life.

**Chalene:** You know what, there are days, I just don't feel like working out. Now that might be a shocker to you and you might think, "Yeah, so what? There's like years I don't feel like working out". You have to get over that and it’s really important. Let me tell you why. It has nothing to do with your genes or how awesome you look or impressing other people. It has nothing to do with weight loss. You need to exercise every day and I don't mean like kill yourself in the gym. You need to do something to keep you heart rate up every single day because it’s better than medication. It’s better than the best drug on the market period. End of subject. We are not even going to argue about this.

The reason why I need to exercise every single day is because I don't want to go to jail. I'm such a raging lunatic. I'm not as nice. I'm not as patient. I'm not as kind. I'm not as cordial of a driver when I haven't exercised.

When I exercise, you can't make me mad. You can't dim my light. You can't kill my vibe. You can't even mess with me if I already got my work out in. And the reason why is because it does something in our brain chemically that allows us to be more productive, more efficient, more alert, more focused, more energetic, more confident.

All of those things and that’s what you need to focus on when you have one of those days and you were like, “I don't feel like doing it.” And we all have those days including myself. But I haven't created this podcast to convince you of all the reasons why you need to exercise. We'll save that for another day. I'm sure I've talked about it endlessly in previous podcast.

Today's episode is specifically the episode I want you to listen to on the day when you are like, "I just don't feel like doing it". This is the message you need to hear. These are the things that are going to help you do it because you know you need to, because you know you're going to feel like a million bucks afterwards and you just need perhaps just a little reminder.

The first thing I want to remind you is that, instead of thinking about how hard it is in the middle of your work out like the moment when you are out of breath, instead of that, I want you to literally stop and think about the feeling you have when you're done. Think about the last time you worked out and how amazing you felt.

Next, I want you to think about how much you hate people who make excuses and blame other people for their actions or inactions. I hate such a strong word; I shouldn’t use that. How much you dislike people who make excuses and blame other people. Right? You don't want to be that guy or that girl. Take action. That's who you are. You are an action taker. You are not one of those people who sit on a couch and complain, then wonders why they don't feel good or why they are on a bad mood or why things aren't getting done.

You are not that guy. You are not that girl. So, if you don't want to be that person get up and move. Decide that you are just going to do five minutes. This works every single time. All I need you to do today is exercise for five minutes.

If at the five minute mark you are not enjoying yourself, if you are not feeling just a little bit better, if you are not feeling just a little bit more into it, fine, you can stop. You can count today is the day of exercise even if it’s just five minutes. But you know what, you and I both know if you do something for five minutes, you are going to do it for fifteen or twenty and there you go. You already feel great.

Cover the kid's ears right now but it’s when you are not really in the mood but yet, you love your husband or you love your wife and you are like, "Yeah, I know this would really put them in a good mood but I'm tired and I really don't feel doing this right now.” But if you just relax and say, “I'm just going to commit myself to the next five minutes and boom chicka bow wow, lo and behold, six minutes later, you are totally down with it, right?”

How about this? Start the day off in your workout clothes and if you’re listening to this right now, specifically, because today you haven't yet exercised. Go change into your gym clothes. Put on a pair of spandex. Lace up your tennis shoes. Just being in your workout clothes make it that much tougher to say, "I don't need to do it today".

The very most difficult part of your work out is literally the first thing that you do, the first step; the first action. I always tell people when they come to one of my classes, “Hey, congratulations! The toughest part of your workout is already over". You already put on your gym clothes, got in your car, made a decision to drive to the gym, hand the guy in the front desk your membership card and walk through the doors. That's the toughest part. That's the thing that 99.9% of the population won't do today. The rest will be easy.

Not in the mood to work out today? I have an instant mood changer, a playlist. All you have to do is open up your phone. You’re probably listening to it now and I'm not offended in the least. If you’re done listening to this podcast because you now want to listen to some songs on your playlist, open up your phone, play some music and pick up some songs that really get you excited that you love and they just get you in a good mood that the songs you like to listen to when you exercise because music can change your mood. Music can make you feel energized and excited. Think about it.

There are certain songs that when you hear them, I really can't help but move. There's a couple for me like, actually, let me see what I have in my playlist right now. This is funny. You know what, I'm looking at my phone right now. I have a playlist that's called angry music/pump up. Like sometimes super angry rap music gets me all pumped up and fired up like I know I look like a petite blonde from suburbia on the outside but on the inside, man, I can relate to that Rick Ross and Big Sean and just nasty lyrics from Nicki Minaj. Don't judge. I'm just telling. I'm keeping it real. When I listen to that kind of music, it gets me seriously pumped up. It gets me like angry and I can take out my anger on my work out.

So let me just see if I have some songs in here. I'm not responsible for any of the lyrics, so there is my parental advisory morning. Let’s see what we have on the phone. (Music Playing). I love this song. It’s called "Get a Freak".

Here is some angry Nicki Minaj. You don’t need to hear that. (Music Playing). "Trouble 'bout her". You are going to love this one throwing it back. (Music Playing). You can't help but move, right?

Remember this one. (Music playing). How about some M.W.A. (Music Playing). I hope there are no bad words. Come on now. You don't even know. Ladies from the eighties unite. That was like the best era for music.

I like this one; it’s a new one called "International". (Music Playing). So good. Would you be like getting a call in the middle of my DJ session? Decline. (Music Playing) Remember this one? (Music Playing) Little Eminem, my homie from Detroit. (Music Playing).

How about this one? Uh-oh, bad word. (Music Playing). Can you beat that out? Uh-oh, can beat that out too. Oh, this is a big one. Call it Greens by School Boy 2. (Music Playing). So don't you feel like moving, right? I do apologize for some of the lyrics in there. But you know what, I like right now. I feel like I should probably stop this podcast and go exercise.

Playlist can do that for you. It can pull you right out of a slump. So create one for yourself. Create one with songs that you flipping love. If you don't know about Spotify, by the way, fantastic app, kind of like Pandora except for ten thousand times better. So like you can pick a song where you are like, “I love this song,” and it’s because it’s high energy, it’s a certain genre, and you can click, create a radio station and the app is really smart. It populates the song list with songs that match that particular song and feeling and so you can go thumbs up or thumbs down and it will add more songs that are similar to it and the more thumbs up, thumbs down you give its selection, the more precise it creates a playlist for you. It’s flipping awesome.

Then you can pay for nine bucks something a month. The songs are available to you even offline. It’s awesome. I'm not kidding I save so more much money using Spotify versus just buying some songs of iTunes and I find better music and there’s more variety; I just love it. I'm so digging Spotify.

In fact, I think what I'll do is make this playlist one that I just played a few pieces of, I will make that public, so you could actually follow me. As of right now, I have five followers and I feel so lonely. I have five followers on Spotify at the moment that I’ve I created this podcast, so we will be able to see how many people have followed me because they heard my playlist and I'm not saying you have to love those songs but it works for me.

Just music will get you in the right mood. You start listening to music and it puts you on the right mood and you got your workout clothes on and then bam! The next thing you know, you’re five minutes in six minutes in and you're like, "Hey, I'm doing this". I mean it’s all about layers of accountability. These are all just suggestions I want you to remember. You can go to this podcast the next time you don't feel like working out.

Here's another thing I want you to do. You can create screenshots. So here's what I do. I go to Instagram and I'll take screenshots of people’s photos that are super inspirational. Not like the ones where you're like, "Wait a minute, that person is like twenty-one years old and has never had children and I believe those abs have been airbrushed". Not those pictures but like the pictures of people who you're like, "That's super inspirational, that's somebody who motivates me," and I'll take a little screenshots and then I favorite those photos.

So when I go to my photo album, I know that there are just series of photos there that really get me motivated.

There's nothing that gets you in a better mood to work out than cute clothes, cute workout clothes, right? I mean, let's face it. You just run a little faster you get into your workout a little deeper. You take on more intensity. You put more effort in when you really have cute outfit on. I don't know if that's true for the guys. I think it is. I mean, they might not admit it but it certainly true for the ladies and you all know you've run past one of those big stores where they’ve got those super tall glass windows, where you can see your own reflection and you're like, "I wonder what I'll look like running".

Many are like, "I look like I'm running fast enough. I need to look like I'm faster". I mean we've all done that and when you feel like you look good; you tend to work out harder. And instead of thinking of your workout as like a punishment, something that you have to do, start thinking of something right now you'd like to do. If the last thing in the world you would like to do right now is to exercise or get sweaty or to exert yourself. What about walking and listening to this podcast? Obviously, you enjoy listening to podcast.

Why don't you make a list of your favorite podcast and there's like so many of them you haven't got to yet. There are so many things you haven't listened to. Nobody says you have to kill yourself and jump up and down and be sweating profusely from every part of your body and blood dripping out of your ears in order for you to count it as a workout. You just need to get your heart rate up and you can do steady state moderate cardio and that can really improve your mood. It's great for your body. In fact, you really shouldn't be killing yourself everyday anyways.

So why not just make a list of podcast even dying to listen to and you just can't find the time to fit them all in and listen to them and make that the thing you're looking forward to rather than saying to yourself, "I'm not looking forward to exercise". Flip the switch. Turn it around one eighty and say, "You know what? I'm really looking forward to a little bit of get smarter time". That's what I call when I listen to a podcast. I've got a list of podcast and I have a huge amount of audio trainings that I like to listen to on MP3.

In fact, every program that I do including the "Courageous Confidence Club", "Marketing Impact Academy" and "Smart Success" for each one of my academy members, I always make sure that they have every single lesson on MP3 so that you can use your time on an elliptical or while you are on a stationary bike, or while you’re walking outside in the beautiful fresh air to get smarter. There's no excuse for the people who say, "I just don't have time to learn this, to learn that or to exercise". That's something that I really support is multi-tasking when you are combining exercise with something that expands your brain.

If you've never checked out Pinterest, that's something you can do from your phone or from your desktop computer and you can just type in anything like motivational workout or motivation to exercise, those type of phrases and you'll pull up tons of images that will inspire you and phrases. You can just create your own board in any time you need a visual boost something that basically makes you feel like, "Okay, I got to do this. I can't just sit here and dread it. I actually want to do this. I can visualize it". It’s almost like having your own vision board. Right? And you can do that on Pinterest and again Pinterest has a fantastic app that you can see directly from your phone.

Now I'm not trying to talk you into spending a bunch of extra money to get fit because you don't have to. You don't have to wear new clothes. You don't have to buy new pair of shoes. You don't have to spend any money whatsoever but we all know that new gadgets and toys sometimes get us really excited to exercise.

Things that I love and you’ve heard me talk about them before, not programs but like little gadgets like for example, the jawbone which is just like a bracelet that you can wear. I'm a really big fan of the body bug. Nike is coming out with a new watch that's fantastic at tracking, not only your exercise, your calories, but your sleep patterns, calorie consumption, your steps, all of those things and just tinkering around with them can really inspire you to improve your stats each day; to get more steps in; to make sure you get enough sleep and to just monitor, “Okay. How many calories did I burn today?” You can look at that very quickly then go, "Whoa, I’ve really been pretty inactive today".

One thing that I've noticed, in fact, I'm recording this right now from a standing position. I recently purchased a standing desk because I'm was finding-- I was spending three, four, sometimes five hours recording a podcast or doing interviews that was in a seated position. Being in a seated position is like the worst thing you can do for your body. It’s just hard on your back. It’s hard on your knees. It’s hard on your hamstrings. It’s terrible for your posture. It’s terrible for your circulation. I don't know who invented the chair but it should just been a temporary device.

Now, I’m not going to lie; I sometimes get really tired standing here but then I look at my calorie output. My calorie output when I'm just standing and speaking versus my calorie output when I'm seated, it’s almost double when I'm standing. That's crazy. I mean it’s cool because that’s just one simple way that I can burn extra calories while not having to exercise. That doesn't make sense because I'm recording a podcast about why you should exercise. I digress.

My point is, if you can have new toys, new gadgets to take a look at those kind of things can sometimes inspire us to burn more calories and be more active.

Now it might sound cliché, but remember when you’re in kindergarten or first grade and there was that little chart where you got a star each day that you were in good behaviour or a smiley face or whatever and boy, it was really motivating to have that little sticker each and every day; you were just dying for that sticker. It’s funny.

I've seen adults do this very same thing more like what I'm talking about but I've seen other adults, me personally. I mean I'm so silly. I've got an iPhone, I have all the technology in the world I could possibly need but I still love making a giant chart putting it on my wall and then creating some goals for myself and then checking off the days that I've done it. It’s fun. It’s cool. It’s a visual motivation.

So a lot of times like right now, my goal is to lift heavy four times a week and three is easy for me but four for whatever reason, I don’t know. It’s hard for me to get four days of lifting heavy in. So I went to Staples or Office depot, one of those places, and I bought these big giant oversized post-it notes and when I say oversized, they are like the size of like a giant cue card or one of those things that kids make reports on, a poster board. There you go. So that's the size of a giant poster board but they have post-it notes sticky on the top edge.

I just created little boxes and squares and wrote out for myself a plan for the month of how many days each week I wanted to do each particular activity. Could I put it on my phone? Of course but it’s so much more fun to have it like up on the wall and to put a little star or a little check mark on each day when I actually do that. Yes, I do that. Yes, you should do that. It’s extremely motivating when you’re looking at that little box and there isn't a checkmark and you don't want to have that day passed you by and realize, “Man, I could have had a perfect month or a perfect week,” and I had the opportunity to exercise and I didn't. That can be awfully motivating. Speaking of which, the opportunity to exercise, if you are already someone who exercises every day, I don't even need to talk to you about this because you know what a blessing it is to have your health and fitness. To be able to do that, you have that choice. To have that choice is huge and you really don't want to recognize it until it’s taken away from you.

If you have an injury or an illness or a disease or some type of a trauma, even sometimes things happen in your family that just require your full focus and you don't have the energy or to get up and go or the ability to exercise, it’s just not even a choice. Man, when that choice is taken away from you, you recognize what a blessing from God it is to be able to exercise.

It is a blessing and you honour it when you exercise. I promise that you will be happier, healthier, more polite, kinder, more creative, and more confident, you'll have more sex appeal, and you’ll feel more sexual towards your partner if you exercise.

Your earning potential goes up. I can't think of any negatives with regards to exercising except that maybe more laundry. I mean that’s not such a bad thing. It is an honor; it's a blessing. You should be grateful if you have that ability because there are so many people listening like right now, who would do anything to get up and run. To be able to jump but they don't have that ability for whatever reason and for those people for people who have come back from fighting our wars, who've defended our country, who've lost limbs, to your loved ones who might be in the hospital bed or dealing with an injury or illness or diseases that doesn't allow them to do it, it doesn’t allow them to exercise, doesn’t give them that choice like to honor those people, you better get your butt off and move.

Honor those people by honoring your own health and fitness. You know what I think kills more mojo than anything? Technology, like social media. I can't tell you. I mean, true confession, myself, how many times I've thought, “I'm just going to throw in my running shoes and going to get my running today but I'm just going to sit here for a second. I'm going to update my Instagram,” and then the next thing you know, I'm looking at other people's photos and leaving comments and then I'm like, “Oh, I’m going to check my Facebook account too. Then I'm going into my academies and then talking to people in the academies and then the next thing I know, it’s been like thirty minutes. What am I doing?

I have specified time that I spend in social media, so there is no reason why I should ever lose sight of what time I've scheduled specific activities for. I think technology kills our mojo. So, if you've decided that you are going to exercise, put your phone down or at least turn it on, airplane mode. Don't go into your social media. Turn off the TV. Turn off the phone. Turn off your computer. All that you need is a great playlist, fresh air, and the motivation to do it. In fact, you don't even need fresh air; in fact you don't even need a great playlist. Just start moving but turn everything off that’s distracting you.

Now speaking of scheduling, I know you are listening to this podcast today because you are trying to find the mojo, the motivation to get her done today. But for future reference, I can't stress to you enough the importance of scheduling your workouts the day before. That's number one and number two, if you really want to make it a rock solid habit, make sure you have a partner attached to that schedule.

In other words, we have a home gym that we build here in the bottom floor of our home and it has got great equipment. I could work out by myself there and I do often but nine times out of ten, I know it’s best if I can invite someone to join me or five or six or ten of my friends. In fact, I'll include a link in my show notes, so you can, see exactly what I'm talking about. I’ve had lots of people you've heard even on this podcast like Lewis Howes and many others join me here in my gym, our home gym with myself and my husband, Brett.

In fact, everybody at Team Johnson, not like there is a lot of us, but there's like four or five employees and one of the things that we do on the days before we film like our launch videos for Marketing Impact Academy or the Courageous Confidence Club is I'll invite everybody over. We'll get like good and sweaty in the gym. Why? Because A. I love them; B. I want them to feel creative and happy and confident and I want to feel those things too. If I'm going to be on camera, I want to feel like a million bucks. I always feel better after I exercise.

So we will invite everybody over. We'll schedule that time. We go hard and then, we don't care if they wear their sweat pants and baseball cap or take a shower here and we go to work.

But if you schedule your workout with someone else, you might cancel on yourself but you are not going to cancel on somebody else. You’re much more likely to follow through. But if you don't have a gym in your house, hello, I understand. You could still schedule to have someone meet you to go on a walk or a run or to meet you at the gym or to meet you in the garage and you could pop in one of my DVDs or somebody else’s. Heck, you could do Richard Simmons sweating to the oldies. Remember That?

“Hey, I want to dance with somebody.” [Music playing][Background talking].

I don't care what anyone says, “I heart Richard Simmons.” That’s just who he is, like that big crazy personality. He's like that 24/7. At least, I think he is. In fact, one of the very first times I could afford to fly first-class, I was sitting first-class and who's sitting in front of me? Richard Simmons and did I introduce myself? No, I didn't but I should have but he was just so sweet and polite and fun and then, I didn't appear like QBC and the guy who drove the car that took me from the hotel to the QBC studios, I was asking, “What famous people of you, you had in your car?” He just went on and on and on about how the nicest, kindest, sweetest most inspirational celebrity he'd ever met was Richard Simmons. So mad props and big love to Richard.

My point is, when you scheduled your workout and you have a partner who's going to meet you, you have accountability.

Now if you're still listening to me and you haven't yet put me in pause, I'm going to assume you've already plan to work out the second that this is done and we're almost there. I just want to give you that last little extra boost. I want you to, unless you’re driving, close your eyes and if you're in the place right now, where you can't close your eyes, I want you just really focus and visualize what it is you want and don't just think about the physical attributes and you can start there, that's fine. If you want to think about yourself an ideal size, or having a certain level of body fat or a certain definition.

If you want to picture yourself being strong or being able to finish the 5K, if you have a physical goal for yourself, it's fine. Just start with that. The more importantly, I want you to think about why it's so important to be better, to feel good, to be healthy, why is that important?

Who in your life matters enough who you care about that they becomes your why because there are times when we just don't care enough about ourselves to make it happen? But I know you and I know you care about someone else a lot.

Whoever that is right now, I want you to think of that person and how special that relationship is. How much they mean to you and how important it is to that person that you're healthy and fit and most importantly that you feel good about yourself and you feel confident and happy.

If you have children, I hope they came to mind. If you're in a relationship, certainly, you can be a better partner when you feel like a million bucks or maybe it's someone who’s battling cancer, someone who has a terminal illness, someone who's dealing with an injury and they can't exercise right now. Maybe there's someone who's going through that's just so hard mentally and emotionally right now that you can do it for them.

Maybe it's yourself. I hope it is. I mean that's the most important person in the whole world. I want to leave you with this. I want you to do it because of your “why”. No matter what that is, get excited, get motivated. Sit up straight; put your shoulder blades back. Good.

Take a deep breath in and smile. I want you to feel the blood start to pump through your veins. I want you to feel your body, start to energize. I want you to feel the energy picking up. It's a physical thing but it starts with your brain. That's where you get the energy for your workout. It's not the food that you ate. Sure. That's going to sustain you through your workout but the thing that you need to get you going right now, that energy, that comes from your brain that’s your attitudes. Just decide right now. You're going to this. You're going to kill some calories right now and feel a million bucks.

Thanks for spending this time with me today. I would love to know if you're actually listening to this episode while you're exercising. That would be super cool like what if we made a date at every time you saw that there was a new podcast. You just did a very brisk walk. That was the exact link of the podcast. That would be pretty cool.

Either way, I hope that this is useful for you. I really do appreciate your support, your kindness, your belief, your trust. It means the world to me. I can't stress that enough for this show and many of the other shows are possible and I don't advertise other programs or services or websites or tools or any of that stuff because I don't need to, because of you. The support that you give me by checking out my website, by going to marketingimpactacademy.com, that's the promotion that we're running right now that too, sponsoring this show. That type of support allows us to continue to do the podcast.

It also allows me to have the kind of relationship with those of you who are interested in starting your online business before you need it. Before it's financially you can't do without. That's the time to start a business, the time to start online business is before you've even really figured out what exactly it's going to be. Listen to the stories of the people who’ve had on the Chalene Show. Nine out ten of the most successful people, their stories, when you hear them, I really wasn't sure this is going to be a business. It was just something I was interested in; I started blogging about it. It was something I was passionate about. It was something I was struggling with and I want to keep track of that journey. One day, I want to share my experiences with others and you think about it from Natalie Jill, who started blogging and doing Facebook updates about her weight loss to Pat Flynn, talking about how people could pass the test have to become an architect.

I mean so many people, even some upcoming guests you haven't yet heard from. It's crazy to me how the one common theme is, they started something before they knew exactly what it was going to be. My friends, don't delay. Start today. Why not you? Why not have me be your personal coach?

I want to teach you everything I've learned so that you can avoid the pitfalls and spending money. You don't need to spend and becoming a slave to social media. I love teaching people how you can create one piece of content and have it continually serve your audience and build a customer list and build your business without having create something new every single day.

Anyways, I love you, I appreciate you and I want you to remember: You are the bomb dot com.

**[END OF RECORDING]**