



From Intent to Action: The Fitness Mindset



Have you ever wanted to quit your exercise routine before you have even started? Ever lacked the motivation to achieve your fitness goals? Well, you are not alone. It is hard to choose to put your body through relentless workouts when you know you could be spending your time on more relaxing activities. That is why the fitness mindset is so important; it can give you the much-needed motivation not only to start exercising, but also to enjoy it!

The first step to getting into the fitness mindset is learning the power of intent. Start every walk, run, or workout with the intention to finish. Remind yourself why you are exercising and what you are reaching for. To stay committed, you can set both outcome goals (your big-picture achievements) and process goals (the

small, consistent steps that get you there). And do not get discouraged! Results will not be immediate but with consistency and determination, you will find yourself not only reaching your goals, but also surpassing them.

The second step is to start with small, intentional actions. Begin by brainstorming simple ways to add more movement into your daily routine – whether it’s taking the stairs, stretching between tasks, or walking after meals. People who consciously build these habits will also naturally develop a fitness mindset. When you choose activities that feel good, you’re more likely to stick with them long term—forcing yourself into exercises you dislike only leads to burnout. So find a type of movement you genuinely enjoy, because the best exercise is the one you’ll actually do.

The last step is to cleanse your social media and follow fitness creators who inspire and uplift you, not those who make you feel inadequate. Your feed can be filled with unrealistic expectations that can quickly discourage you from meeting your goals.

Want to learn more about exercise? Join us on **November 10th at 6:30 PM** for our **All About Exercise** class and take the next step in your wellness journey!

Source:

Gabrielle Kassel: “7 Ways to Cultivate a Fitness Mindset”. Shape (2023)

<https://www.shape.com/how-to-cultivate-a-fitness-mindset-7971962>

Maggie Puniewska: “Reset your Exercise Mindset” Equinox (2022)

<https://www.equinox.com/articles/2022/09/reset-your-exercise-mindset>