

life is my movie

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I confess, I've fallen off the fitness bandwagon.

But it's time to get on it again. I've been able to keep on top of eating better, which is a huge thing for me. Especially now that I've started the Planet Friendly 21 day diet. Now I just need to keep up with a modicum of exercise, like I've said before – I just need to set aside even 15 minutes to get off the sofa/chair/car seat and move. I'm still attempting to get up and exercise earlier... but the lure of my bed is just so damn hard to resist (especially now that winter has actually hit).

I was rocking the early mornings once I got a dog to baby sit and he needed to be up and walked before work. I never thought that would happen but I was impressed with my resolve there. Go me. But puppy has gone back to his home, and now I'm dog-less. And that means that I'm not getting out and walking for almost 2 hours a day. And yes, my body is already feeling less fit.

But what will get me into the groove of working out again? Good music, of course, is a huge plus. What's your favourite jams to work out too? Right now, I'm loving Florence and the Machine's 'How Big, How Blue, How Beautiful' album. Justin Bieber's 'Purpose' is also another good one. And I'm thinking that Panic's newest album will be great for working out too. I feel like a work out playlist will be in the works in the coming weeks! Pretty much anything that I can dance too, I'll want to work out to. Even while doing yoga, slow jams aren't really my thing.

Franci Cohen, personal trainer based out of New York, has some great tips to help beginners, (or ones who fall off the bandwagon) to not be intimidated by working out.

- Creating a Fitness Plan! – I know that I love making a lists, but sometimes, I get stuck in a rut. I do the same moves all the time, get bored and then fall off the wagon. I need to start making lists of interesting moves, cool ideas and things to aspire to in order to keep me on top of my game. Let's use the amount of time I'm on the internet to good use, right?
- Keep small fitness equipment around the house – Don't let it get cluttered by any means, but having my mat rolled up in the corner of the room I use the most? Staring me down, that's pretty good motivation. One of my resolutions is to start doing squats while I'm doing the dishes. I'm just standing there anyways!
- Flexibility training and Stretching – All I know is that as people age, everything stiffens up. By working on the joints, tendons, and ligaments, I'm making myself more flexible for the future.
- Don't be self-conscious! – Exercise is good, and people really don't care enough about other people to notice what you're doing. If you do see someone looking at you, it might be because they need inspo and you are doing something they'd like to try!