



## So You've Hit a Metaphorical Brick Wall – Now What?

Starting a new training programme isn't easy, but it can be exciting. You're full of motivation, have a spring in your step... then a few weeks or months later life happens and slows you down, results slow or stop and you've just lost your mojo.

I'm going to throw some questions at you to help you get back on track. If any of the answers are “no” or “I don't know” then these issues need to be addressed **now**, because if you don't, you will stagnate again soon.

1. Why did you start?
2. What do you want?
3. Why do you want it?
4. Why now?
5. What stopped you before?
6. What's stopping you now?
7. What can be done to move forward?
8. Who is there to support you?
  
9. How do you monitor your progress?
10. >“I don't” - **why not?!?!?!!**
11. How far have you come?
12. Has your fitness improved?
13. Has your mood improved?
14. Have your stress levels improved?
15. Has your sleep improved?
16. Have your energy levels improved?
17. Has your strength improved?
18. Has your skin improved?
19. Have your relationships improved?
  
20. Are you attending minimum 3 classes per week?
21. Are you using the home workout videos?
22. Are the classes you're taking the recommended ones as per consult?
23. Are you mixing both resistance/ weights AND cardio for weight loss?
24. Are you pushing to improve every week, be it move faster or lift heavier?
25. Do you think you're pushing beyond your comfort zone in class?
26. Are you allowing yourself to get enough rest/ sleep?
27. On a scale of 1-10 how physically tired/ drained do you become in class?
28. On a scale of 1-10 how proud do you feel of your achievements after a class?
29. On a scale of 1-10 how well do you feel within yourself when you're en route home after class?
  
30. Do you know now if your level of activity needs to be assessed?

31. Do you track your food/ drink?
32. Do you know your average daily calorie intake? (how much you actually eat/ drink daily)
33. Do you know how much calories you *should* be taking on average?
34. Did you submit a food journal?
35. Did you submit more than one food journal?
36. Do you monitor your portions?
37. Do you eat mostly minimally processed food?
38. Do you eat a wide variety of coloured fruit & veg?
39. Do you eat when you're hungry?
40. Do you stop when you're full?
41. Do you monitor your portion sizes?
42. Do you eat ONLY when you're hungry? (And not in response to an emotion)
43. Do you prepare for times when you know you will not be able to cook?
44. Do you save or freeze leftovers?
45. Do you experiment with new recipes or cooking methods?
  
46. Do you know now if your nutrition situation needs to be assessed?
  
47. After looking at all these questions, what have you done well?
48. What needs to be addressed?
49. How willing are you to make some more changes?
50. How able are you to make some more changes?
51. Do you think there maybe an underlying medical issue that needs to be checked out?

There are A LOT of Q's there to address, if you tick all the boxes in the right direction then the answer could be very simple: change your classes, even if it's for a couple of weeks or a month to see if anything changes.

The body is very smart and adapts when you're in routine. Upping your intensity, speed, weight will give it the shock it needs to move forward.

Ensuring that you are recovering properly too is very important and that you are not over exhausting yourself. There's a fine line between pushing beyond the comfort zone and over training.

If everything is ticked and it's still not working, we need to have a chat.

If everything is "not" ticked and you've fallen into a pit of despair, we still need to have a chat.

If you're somewhere in the middle and reckon you've got a firm grasp now, then go forth and smash those goals!

Remember, don't come near me if you don't want to hear the truth. I'm here to help you but I ain't gonna bullshit you onto a pedestal and I won't grind you to the size of a pea either. If you're honest with me, I'll be honest with you.

SJ x