

# 5 Tips on starting a workout program as a plus size woman

by Coach Tulin

## Mindset

Mindset is about progress...*not* perfection. Often, when we think about starting over again, we are concerned about failing...again. Mindset plays a huge role in your fitness and nutrition routine. We are all unique individuals. We would never expect a baby to be born and immediately walk, so neither can we expect to go to a group fitness class at the gym or pop in a workout DVD and keep up with it. Look at your process as a journey, not a destination. Let your limitations challenge you, not stop you. It is human nature to make mistakes and this applies to health and fitness. When you fall off track, instead of viewing it as failure, see it as part of your journey, and celebrate how you have overcome it! Pick yourself up, dust yourself off, and just keep pushing forward.


## "Fail" is Not a 4-Letter Word...

To fail means you have more than tried. It means you did SOMETHING...and you did that something many times even if you didn't reach the goal you had set. Whether that goal was a moment, a movement, even a crazy idea, it took effort for you to even get started and thereby, you accomplished something. If you *didn't* fail, then it meant that you never even tried.


I remember the first time I tried to do the frog pose in yoga (I am very new to it) and I was rolling my video. Suddenly, I overcame my fear of falling when I landed one big belly flop! I literally fell out of fear. It is on the backs of so many failures that brings us our successes. Failure can either motivate you or stop you, the choice is yours. By pushing forward, you create a new habit that helps you view things that were once failures and turns them into challenges instead. We have two choices, we can let failure hold us back, or we can let it fuel us. What do you choose?


## Modifiers Are Your Friend

It is not uncommon to think that modifying is less than an effective workout. Nothing could be further from the truth! Modifiers slow you down to a manageable pace where you can challenge yourself while avoiding injury. Form over speed wins... ALWAYS! The best trainers: from Chalene Johnson of Turbofire and PIYO, to ShaunT of Insanity, Focus T25 and Tony Horton of P90X, all share the same thing in their videos... go at your own pace! Over time, you will be able to build up your ability to do the exercise, avoid injury, and get a super effective workout! The key in modification is to know the difference between what your brain tells you can't be done, and when your body can do no more. Re-calibrate your excuse meter and set it on high! Don't be afraid to start off with the modifier. Then challenge yourself and get closer to the full movement, then fall back into the modifier again. Over time, you will find yourself closer and closer to the more advanced moves!



Tip: Don't watch the instructor as you work out, peek up occasionally and listen for their cues.






Tip: If you are thirsty it means you are not hydrated. Make sure you are drinking water throughout your day and don't wait until you are thirsty!

### Food is Your Friend

Make sure you stay nourished. We often think to get healthy or lose weight that we need to eat less. This is not the case. It is the quality of food and not the quantity. For those I personally coach, 9 out of 10 do not eat enough and only begin to see change when they make sure they are getting enough to eat. It is no different with thirst, we are often dehydrated. Find a nutrition program that works well for you. Focus on portion sizes and not calorie count and learn to listen to your body's signals when you haven't gotten enough. Feeling dizzy, lethargic, deprived, or the "zoinks" in your head are not feelings you should be having and clues that you need to re-evaluate your process!



### Pick One Area to Start: Nutrition or Exercise

When you start to create a new habit, it is easy to want to throw all of our old habits away and expect different results...magically. You are not going to be able to change everything overnight. Focus on one thing, for 2 weeks, either fitness or nutrition. This allows you to build your new habits in layers, allowing them to stick and taking the feeling of being deprived or restricted out of the equation. After the first two weeks, then add in the other slowly and build your habit over time. This is a long-term journey. This is not about short-term quick results. Live your life the way you designed it by being loving and understanding to yourself!