

This tape is to motivate you to exercise, however it is your responsibility to get your doctors permission before you begin any type of exercise. It is also your responsibility to know your own health and physical limitations.

Exercise Motivation

You have made a commitment to pursue a lifestyle of fitness and health. And it is a commitment. It is a mind, body, and soul commitment to being the best that you can be. And it's an attitude. An attitude of looking good and feeling good.

Now your subconscious mind is aware of the benefits and rewards of a daily workout. First of all you are aware that exercise doesn't take energy, it gives energy. You always feel better after a workout than before it began. There's always a feeling of exhilaration after a workout. And there is much more energy available for your daily activities. Exercise gives you a clear mind. You think better; even your memory improves when you are physically fit. Your heart gets strong and healthy, your lungs become clear, your lung capacity improves greatly. Even your immune system is tremendously stronger to fight off germs, illness, and disease. All of this because you work out.

And then there is the wonderful confidence that comes from possessing a trim, fit, healthy body.

Now relax, allow yourself to go deeper. The deeper you go the more wonderful it becomes. And as you drift deeper and deeper I would like you to see yourself standing before a large mirror, a mirror that covers an entire wall. See yourself looking the way you want to look. Look at your reflection. See the trim healthy body. Look at your legs....the definition of the calves...the thighs. Now your hips.... the shape....the firmness. Look at your stomach...see how firm and flat your stomach is. The skin on your arm is smooth and tight. And as you look at your neck, your chin, and your jaws, again see how the tight skin gives definition. Your shoulders are square as you stand proud and straight.

Now just take in the entire image. See that firm, fit, healthy body. And as you see it just feel the energy that accompanies this body, feel the strength and

power in your mind and body, and the excitement of realizing that you can possess this body. And this excitement now inspires you to action.

Now you are developing an attitude. An attitude of looking good and feeling good. You are developing a dynamic strength, a conviction that reinforces your commitment to your daily workout. A commitment accompanied by energy, enthusiasm and confidence.

You have destroyed the barriers of procrastination and idleness and you are now totally free to think, act, and feel like a winner. And you are a winner. You are an active, self directed, goal oriented winner.

You expect success. You know what you want and how to get it. You know where you are going and how to get there. Your optimism, determination, never-say-die attitude spur you onward.

You will not be deterred or distracted from your work out. This is your time and it's a very important time. It's part of your day, part of your schedule, and you will not give it up. You will not allow idleness, laziness, procrastination, a bad day, a bad mood, anyone, or anything stand between you and your workout.

Now in your mind go to your workout. Now you always set a goal before each workout. It may be a time, a distance, or a number, but you always have a goal. Imagine and experience that you are now exercising. First of all be aware of your breathing. Your breathing is rhythmic as you bring oxygen into your lungs. Feel how clear and clean your lungs are. Now as you exercise feel how your body moves in rhythm, how your arms and legs, and muscles respond. Feel how each movement pumps oxygen-rich blood into all muscle tissue. Feel a warm glow throughout your body. Your heart is beating strong, your pulse rate is up. Right now you are burning fatty deposits and building muscle tissue. And as your workout you love to challenge yourself, to go a little further, a little longer, a little harder. You love to outdo what you did yesterday.

And now feel yourself as you come to the end of your workout. Just pause for a moment and feel that warm afterglow. Feel the exhilaration that always

comes after a workout. And feel that wonderful sense of satisfaction and personal pride.

And throughout your day if you feel any soreness or tenderness in your muscles from your workout you welcome it as a sure sign that your body is changing.

Your commitment to fitness and health is a total commitment. Your choices of foods that you eat are changing. You crave healthy fat free foods. You eat wisely. Portions that are right for your body; satisfy you completely. You have no interest, no taste, and no desire for sweets, chocolate, pastries, fast foods, fried foods, or for soft drinks. These foods are contradictory to your trim healthy body. They are contradictory to your exercise program and you will not allow these foods, substances, and old habits destroy the effort that you have put forth in your workouts and the progress that you have made.

Now see yourself as you enjoy the rewards of your efforts. Your confidence and self-esteem are constantly increasing. You are proud of your body. You hold yourself erect, you walk proud. You meet each person eye to eye, each situation head on. You have become the embodiment of all that you can be, looking the way you want to look, feeling pleased and proud of yourself- enjoying the attention, recognition, and approval of others.

You love to choose and wear the clothes that are right for your new body. You enjoy compliments and admiring looks from other healthy, attractive, confident people.

You are the master of yourself- the architect of your own life. You have destroyed the self-limiting behaviors and beliefs of the past. You have the motivation, the desire, and the belief in yourself that moves you forward as each day you become more aware of you unlimited potentials.

Your body is growing fit and trim. Your energy, confidence, and self-esteem increase each new day. Your exercise program is a vital, important, and mature part of your life. It is the catalyst for greater happiness and productivity in all that you do. You know it, you believe it and you accept it. It's who you are, what you

do, and how you live it. You have an overwhelming desire to workout. You are powerfully motivated to exercise.

Now in a moment I am going to return you to full awareness...

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