



The Pilates Connection Weight Loss Challenge

NEWSLETTER

July 12, 2010

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THIS WEEK'S TOPIC...

9 HIDDEN REASONS TO STAY MOTIVATED

Ways To Rediscover Your Drive

-By Zach Van Hart, Staff Writer, SparkPeople.com

Everyone tells us to stay motivated. Our friends, our co-workers, our relatives say to keep going, don't quit. Sometimes, though, you ask, "Why? Why try my hardest when it ends in disappointment? Why go through something when it's going to hurt? Why?"

Because it's going to be different this time! Because you can't accomplish anything that you give up on. Disappointments and failures happen to everyone. The difference between those who reach their goals and those who don't is staying motivated. If you're motivated, you'll keep going. If you keep going, eventually you'll reach your goal.

Need more reasons? Here are 9 of our 'hidden' reasons to stay motivated. Use one or all of them to keep the fire burning inside you.

1. Confidence

How did it feel after that first jog around the block? Or when you finally walked the stairs at work without losing your breath? The more you accomplish, the more you'll believe in yourself.

2. Fit into that dress

It's been hanging up in your closet for two years now, just waiting to be thrown on for a night on the town. All it takes is for you to go that extra mile and stay on track. Before you know it, those two years will be ancient history.

3. Make the week easier

Ever felt like a week was taking forever? It feels like Friday, but it's only Tuesday? This happens when you're not working towards anything. When you have a goal in mind, you'll want to cook that healthy dinner or go to the gym. The week will not only go faster, but be more enjoyable.

4. Gives you purpose

Every once in a while, we need a good reason to get out of bed. Here it is, right in front of you. Eat

the healthy breakfast that's going to jump start your day, go for your morning jog, or walk to the driveway and grab the newspaper. When you're motivated, you have a reason to do what you do.

5. For your kids

And your grandkids. And their kids, too. The healthier you are, the longer you'll be around to watch your kids grow and to spoil your grandchildren. They'll want you to be around as long as possible; consider this just another present.

6. Power of momentum

It's a scientific fact – something in motion tends to stay in motion. Momentum builds quickly and can lead to great results. Suddenly, you're not only working for the goal, but also to keep your streak alive. Even more reason to reach your goals.

7. The 'wow' effect

Picture this: Walking into a restaurant, you run into someone from high school, and their eyes light up. They gasp, "Wow, you look great!" By sticking with your goals, this can happen. Watch the "wows" add up.

8. Spread the spark

When friends and family see how hard you're working, they'll wonder how they can reach their own goals. Guess who they're going to look to for help? By staying motivated, you'll not only help yourself, but others too.

9. Keep gaining experience

The more you do, the more you will learn and understand. You'll discover which tactics work best for you and which ones don't. It's like weeding out the garden - not the most enjoyable job in the world, but when you're done, all that's left are beautiful flowers. Keeping sticking with it and soon it will be all flowers for you.

Weight Loss Challenge Winner of the Week:

Well I guess the holiday weekend got to us because nobody lost weight this week! As we keep saying though, we need to stay the course and stick with it even when we have temporary setbacks!

How do you stay motivated? Think about it and keep it in your thoughts every day. Put it on your mirror. Keep up your exercises! Below is a link to different video workouts - check them out! Have a great week and remember to take care of you and everything else will get done!

- Julia

[Real Age Workout Videos](#)

RECIPE

SPICY GAZPACHO

- 2 medium tomatoes, chopped
- 1 small cucumber, chopped
- 1 small onion, chopped
- 1/2 green bell pepper, chopped
- 1 clove garlic, finely chopped
- 1 tablespoon wine vinegar or lemon juice
- 1 to 2 dashes red pepper sauce
- 1/4 teaspoon salt
- 1 can (24 oz) spicy hot vegetable juice cocktail or tomato juice (3 cups), chilled

1. In large bowl, mix all ingredients.
2. Cover; refrigerate until serving time. Cover and refrigerate any remaining gazpacho.

Servings 7. 40 Calories, 0 g. Fat, 8 g. Carbohydrate, 1 g. Fiber, 1 g. Protein, 1½ Vegetables

Recipe from eatbetteramerica.com.

Contact us by email: pilatesconnection@cox.net
Or click on the logo below to visit our website.



*Northeast Corner, Broadway and Camino Seco
8767 East Broadway
Tucson, AZ 85710
Phone: 520-207-6121*

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Questions or comments? Email us at pilatesconnection@cox.net or call (520) 207-6121.