

FREE GUIDE



**3 SIMPLE STEPS
TO IMPROVE
YOUR FITNESS**

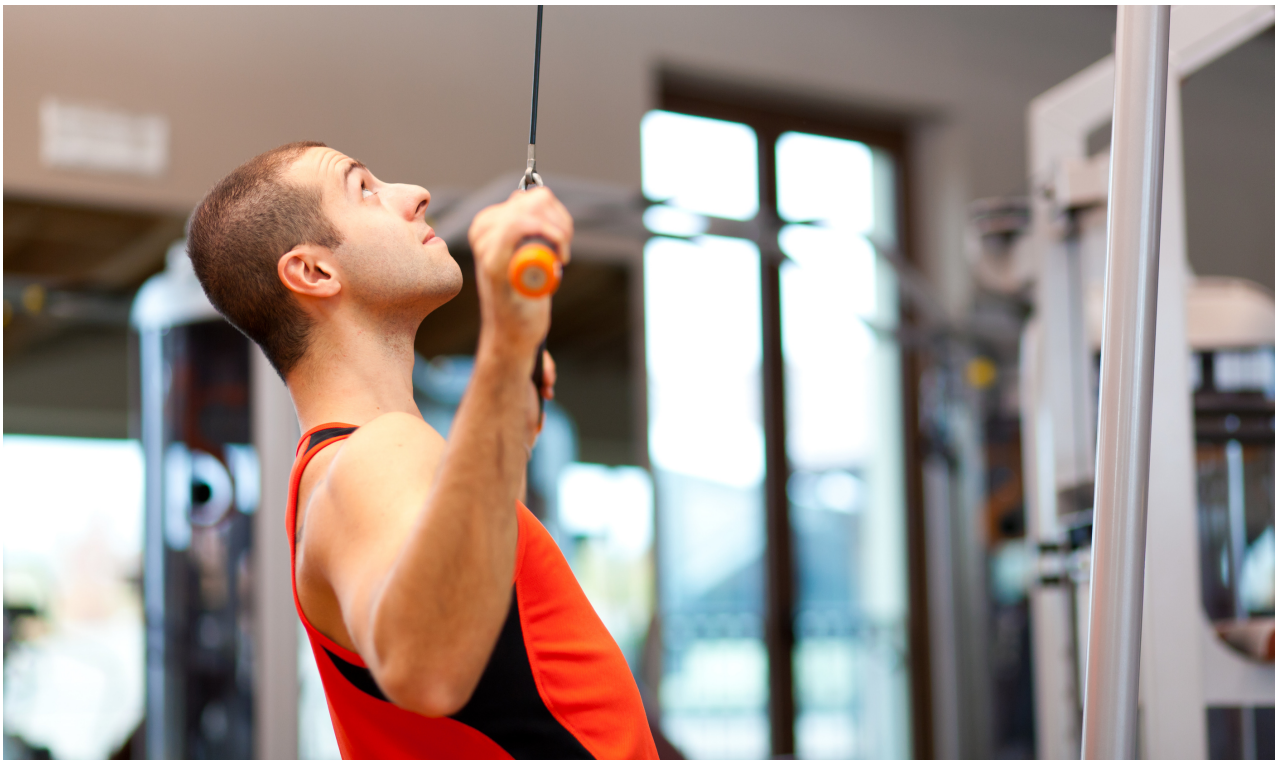
**SCULLY
FITNESS**

1. JUST DO IT

Pick a form of exercise or sport that you enjoy. Whether it's walking, running, cycling, hiking or swimming or a sport like basketball, football, surfing, dancing or boxing, by starting with something you feel good doing, you'll be much more inclined to keep committed to doing it.

Aim to exercise at least 3 times a week starting off, and increase to 5 times per week over the course of a few months as your fitness levels begin to build.

While it may not be practical to focus on getting a 10,000 step count each day, it can be useful to set your own goals to help increase your daily activity. For example, if you currently walk 400 steps a day, then aim to start by increasing it to 4000 – which is the rough equivalent of just over 3km. From there you can start to build it up over time.



Here are some creative ways to increase your daily step count:

- Build in a daily walk. If walking is something you enjoy, getting out in the fresh air for 30-60 minutes each day will help you achieve your daily step goal.
- Split your steps up. Divide your day into three parts (morning, afternoon, and evening) and commit to taking a 10 to 15-minute walk at each one of those times. By the end of the day, you will have met the recommended 30-minutes of exercise and clocked some serious steps.
- Talk in person. Rather than using work chat services or emailing with coworkers, get up and walk to their desks where possible.
- Take the long route. When you need to use the bathroom, choose to use the one that is furthest away from your office just to up your count.
- Go the extra mile. Consciously choose to walk a bit further whenever you have the option during the day. For example, park at bottom of the car park when going to do your supermarket shop or park on the highest level of the car park and take the stairs to reach your destination rather than the lift or escalator.
- Walk during your kids' activities. If you have kids who play sports or participate in an activity that you have to be present for, walk during their practices or events instead of sitting and watching or waiting in the car scrolling on your phone.



2. MAKE A PLAN

"Those who fail to plan, plan to fail."

Although it may sound cheesy, setting small personal goals is a great place to start when it comes making a fitness plan. Keeping in mind that one of the main reasons people fail to achieve their overall fitness goal is because they feel overwhelmed or lose motivation and quit, this is often because the original goal was too big.

The good news is however that you can counter this by breaking your overall fitness goal into smaller, more manageable parts. That way, your goal that seemed so big and daunting becomes something that can be accomplished over time in several steps. Plus you'll have the added benefit of multiple milestones to celebrate along your journey which will help you to stay motivated and proud of your progress.

Once you've set those goals, it's time to look at what you need to do in order to achieve them. How much do you need to increase your daily activity? Are there any changes to your current lifestyle that you can make to help achieve it?

Write those actions down so you have something to refer to. By keeping track of your progress, you'll be able to remind yourself that you're getting closer and closer to the overall fitness goal and stay on track with your plan.





WORKOUT PLAN

	WEEK1	WEEK2	WEEK3
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			
SUNDAY			

Here are some points to bear in mind when coming up with your overall fitness goals:

- With the influence of social media in our day-to-day lives, it's easy to feel inspired-yet-envious by images of the super fit. However, basing your own goals off of what you see online is neither productive nor practical. Think about what makes you happy and remember, not everything you see online is how it looks.
- Pick something that is measurable and which allows you to track your progress. The more specific your goal, the clearer the path to achieving it becomes. Examples of goals you may set for yourself could be:
 - Bench 80kg
 - Lose 1 stone
 - Do 50 Push Ups
 - Plank for 60 seconds
 - Run 2km
 - Do 5 Chin Ups
 - Deadlift 100kg
 - Do 20 Bodyweight Squats
- Pick something attainable or within reach of what you are already doing. This will help ensure that you start out with some all-important wins. The less confident you are, the less likely you are to adhere to the plan. The more confident you are, the more likely you are to stay committed.
- Set realistic timelines. Avoid the trap of chasing instant gratification as lasting changes take time and effort. Instead of trying to transform your life in a week, pick a goal that can be achieved over the course of several months or even a year. This helps you see your overall fitness goal as a lifestyle change, rather than quick fix, and you'll be much more likely to achieve it.



3. ASK FOR ACCOUNTABILITY

Training on our own can be difficult. Especially on those days when you wake up to go for a run and its pelting rain outside or when you've had a long day at work and would rather just spend your evening sprawled on the couch rather than countine reps on the gym bench.

The fact of the matter is however, you'll never get the ass you want by sitting on the ass you have. In order to make a change, you've got to turn up even during the times you don't want to. When it comes to showing up for yourself when you don't want to, there are two great ways you can help stay accountable.

Number 1: Buddy up!

People that go the gym with a training partner are 50% more likely to continue long term. Going with a friend has so many benefits. It keeps you accountable as you generally won't want to let them down. It makes it more enjoyable as you have someone to laugh your way through the workout with (which can be especially handy in those first few weeks when you feel somewhat out of your comfort zone). It can also help to push yourself as you'll find yourself trying to outdo one other.

Plus, if you live near each other you can share a lift to help and save the environment all while getting shredded!





Number 2: Get a coach!

One of the best ways to keep on your toes is to get a coach. Ways you can find a coach who will help you keep accountable are to:

1. Join a Sports Team (Football, Hurling, Basketball)
2. Join a Running, Swimming or Cycling Club
3. Join a Fitness or Dance Class
4. Sign up to an Online Program or a Training Plan in your local gym

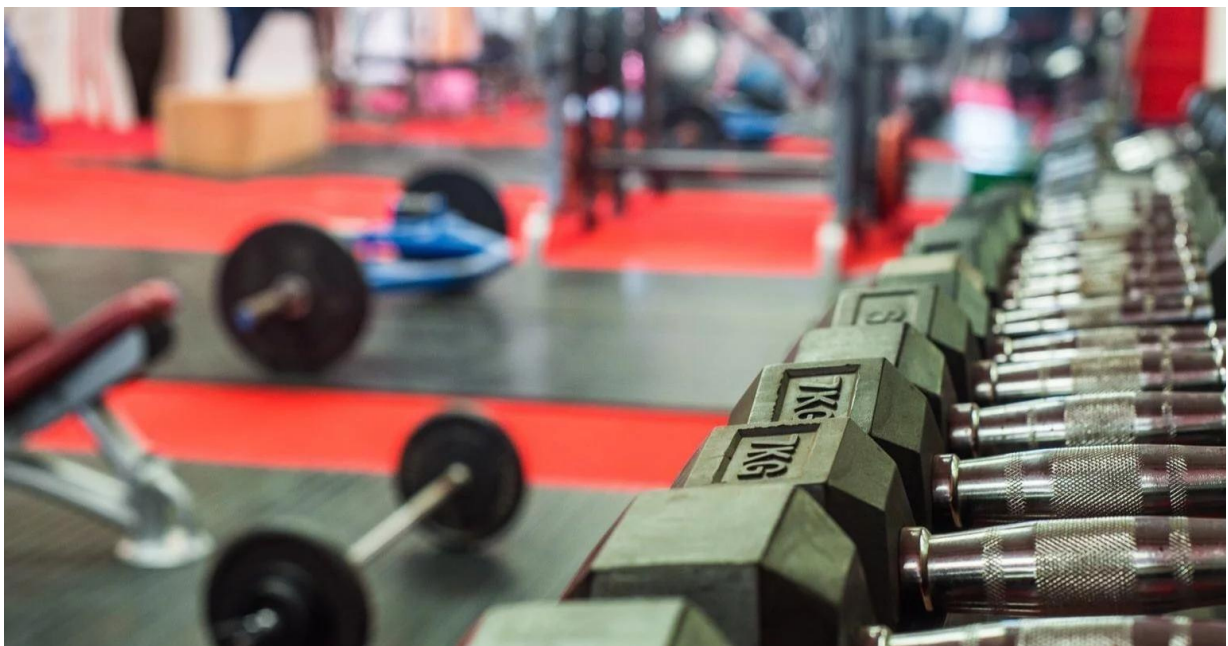
Having a coach, friend or team to help you along the way will be a brilliant motivator whenever progress stalls. That extra support will always help to give you a better shot at getting results rather than flying solo.

ABOUT SCULLY FITNESS

Scully Fitness is owned by Annaghdown local, Gary Scully. Its beginnings go back to one fateful day in 2015 when Gary found himself offering to run a spin class for some of the local footballers who were keen for Gary's guidance on how to boost their fitness levels.

Fast forward to today and Gary has gone on to grow Scully Fitness from a small class in his local community hall to a first class, fully equipped facility located in Mace, Corrandulla which members of all ages from the local community can enjoy. With a strong belief in providing a friendly and welcoming atmosphere where people of all fitness levels can feel comfortable, today Gary runs the gym with his team of highly passionate and expert fitness instructors.

Gary is a fully qualified Fitness Trainer with over 10 years experience working with teams and athletes across a range of sports including soccer, boxing, surfing and swimming both in Ireland and Australia. He also has over 8 years Personal Training experience.



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COME JOIN OUR COMMUNITY

If you'd like to learn more about how you can improve your fitness, feel free reach to reach out to us here at Scully Fitness. We we will be glad to chat with you. Whether you need a pick me up, want to lose weight, get fit or just learn how to do weights there is no better time to start than the present. The only question you'll have after speaking with us is "Why didn't I do this sooner?"

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