

# MARCIA PROCTOR HYPNOTHERAPY

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## EXERCISE MOTIVATION (BEGINNERS PROGRAM)

Starting right now, today, visualize yourself doing exercises. Visualize the exercise program you have chosen. Start slowly with it. Imagine yourself doing the exercises perfectly. It is good to have good form. Don't be so concerned about the repetitions as you are starting a new program. But do something daily. Focus your attention on having good form and doing a little something daily.

So, start off by simply going a few steps extra and then eventually taking a walk. Walking for 15 minutes, building up to walking for 20 minutes, building up to walking for 30 minutes at a good pace. At a pace where you can still talk to somebody standing beside you, but not so slow as a crawl. Don't over-do... build at your own rate.

Your body will respond quickly to the exercise that you are beginning to incorporate into your daily routine. And it will please you to note that your stamina is strengthened, that your muscles gain more tone, that you are stronger with your muscles than you have been in a long, long time. All of this physiological feedback loops back into your body and gives you more inspiration to continue.

It is with ease that you do this. Some people think that it is difficult to have an exercise program. This is not true in your case. You find that you honor and look forward to the time that you exercise. This is sacred time for you, this is time for you to nurture yourself, to do something positive for yourself, so treat it as such and do a little bit more every day.

Project your thoughts now into the future - say one month into the future and notice how much you want to exercise during that month's time. Note that you are pleased with your progress. Now project your thoughts again into the future, six months into the future, and notice how different your body looks to you. It has responded to just six months of an exercising program. And project your thoughts once again into the future, a year. Take a mental note how your body looks to you then. What are you going to be able to do with your body?

New kinds of exercises, new strengths have come your way. You have more flexibility than you do now. Take special note of all these things, and then return now to this time and review in your mind your dedication to the exercise program, which you have just started.

See yourself again doing the form of exercise perfectly, effectively. Notice your muscles respond and warm to those exercises. Yes, they are burning calories and fat. Notice that your shape is changing, your strength and stamina is improving. See yourself now having completed your exercise program, feeling invigorated, refreshed and ready to go.