



Personal Training
oxfordshirepersonaltraining.com

#GreatworkoutsChangeLives

How to Save Time, Get Fit, and Win at Life



About us



The Oxfordshire personal training company has been providing training services to its client for a combined 3 decades now. Over this time period it has developed a great reputation and has become one of the leading players in the local fitness industry.

Based in Oxford, the company offers personal training and fitness services with different options and methods. For all those people who take their health and fitness issues very seriously and are willing to go an extra mile to achieve a good fitness level, our company provides exclusive personal training services.

Visit our website for more info and to see our locations.

We get it!



I know the feeling. It can get overwhelming—to the point where sometimes you feel like you're going to snap any second.

I invite you to sit down for just a few minutes today. I promise you it will be worth your time. In fact, my hope is that with this ebook, I'll be saving you time in the long run.

Set goals!

What Are Your Goals?

Think about the one or two most important goals you've set your eyes on right now. What is it that you want to do? Accomplish? Become?

Do you want to run a mile without stopping? Fit into your skinny jeans? Write it down.



Examine Your Behavior!



AUDIT

Notice what you're doing. Maybe even jot down some notes for a few days. Are you doing your mobility exercises to help you get to full depth in those squats? How often is your hand reaching for the candy jar without your realizing it on a conscious level?

Did I go to the gym diligently? Check.

Did I do a proper warm up each time? Uhh...

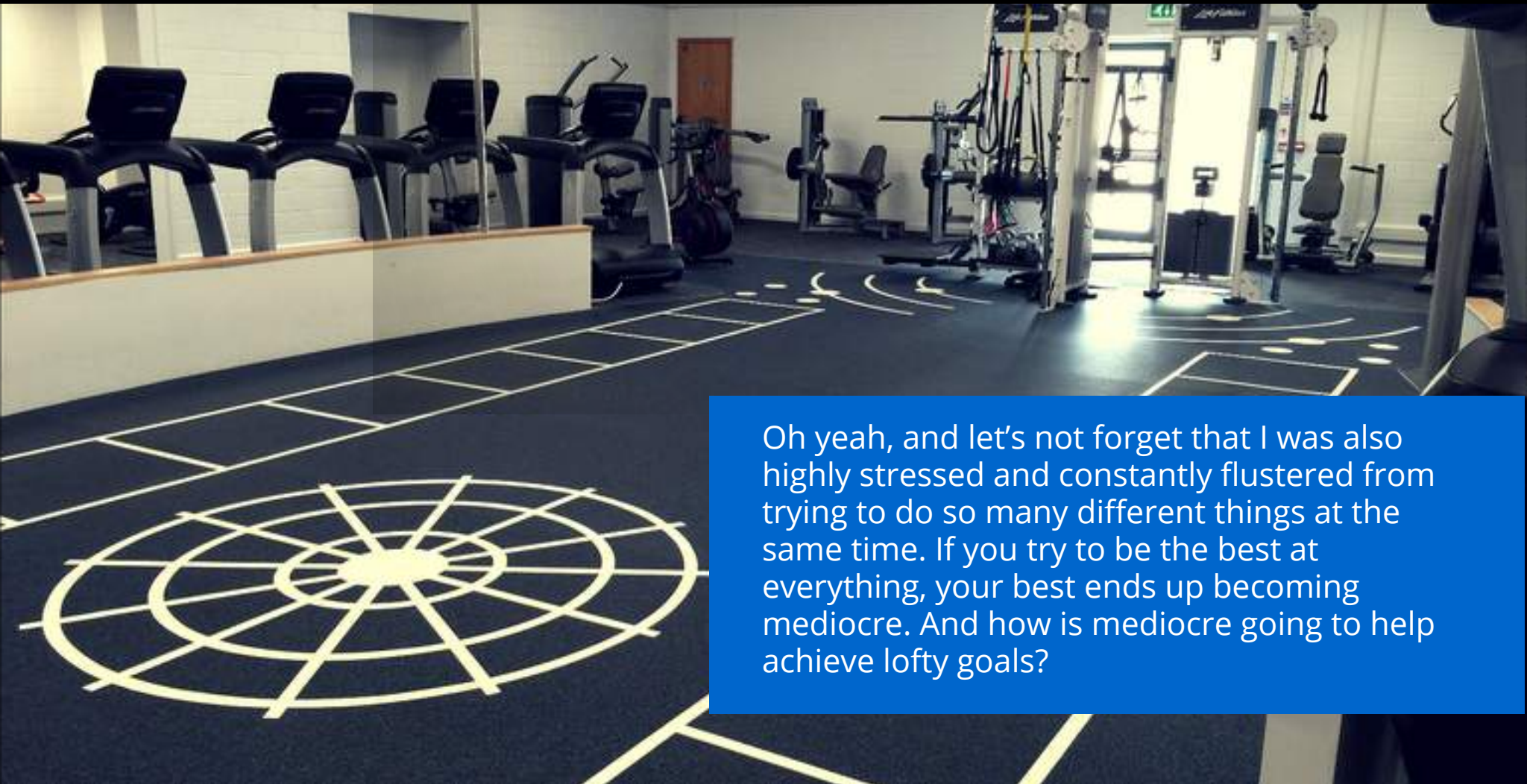
Did my deadlift have good form? I had no idea.

Did I eat the right foods? A+.

Did I eat enough? Not nearly.

Did I get enough sleep? Hit or miss.

Does Your Behavior Reflect Your Goals?



Oh yeah, and let's not forget that I was also highly stressed and constantly flustered from trying to do so many different things at the same time. If you try to be the best at everything, your best ends up becoming mediocre. And how is mediocre going to help achieve lofty goals?



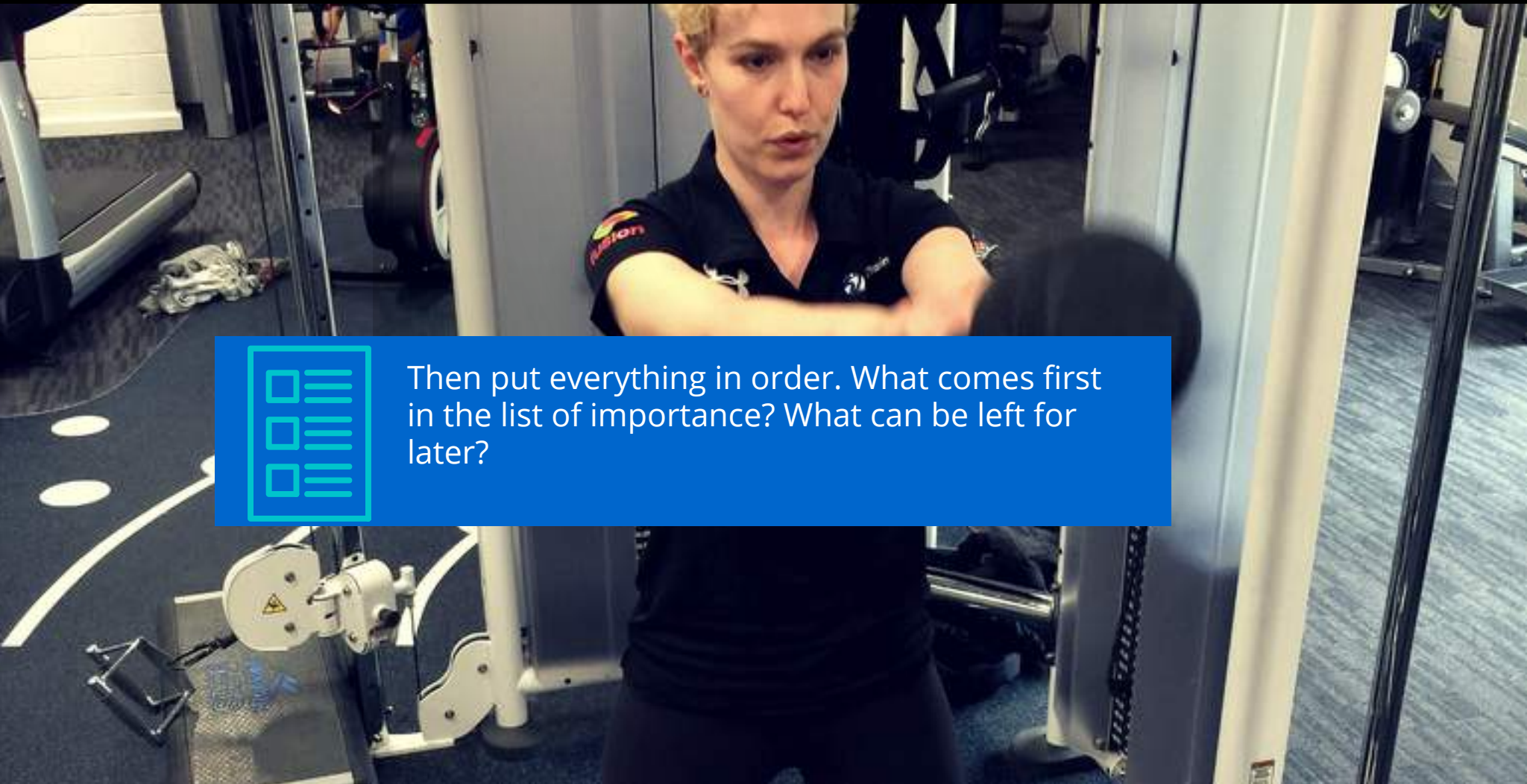
Remove The Clutter



Let's take out a pair of clippers and trim off the clutter in our lives that we don't need. As you move down your list of behaviors, ask yourself, "Is this helping me get to where I want to be?" If you find that just about every action contradicts your goal, you might want to think about why you set said goal in the first place.

Are you doing it for yourself or for someone else? Are you scared of success? Perhaps it's time to reassess what it is that you yearn for. Sometimes all it takes is a little bit of self-awareness.

Expert Tip:



Then put everything in order. What comes first in the list of importance? What can be left for later?

Now Focus



I suppose you could say this is the take-home message. Laser-sharp focus can be the key to transforming your life for the better. Now that you've gotten rid of the distractions, it's time to put these new behaviors on your list into practice. Keep your eyes on the prize and don't let anyone or anything deter you away from your goal.

Recruit a support system that will help you during your weak moments and celebrate with you in your triumphs; this will help tremendously. On a diet to achieve better health? Tell people—tell everyone. Trying to practice yoga on the regular? Make sure you have a buddy or two to keep you accountable. Announce it to the world.

Use Our Goal Setting Sheet



Start Date / / Goal Date / /

Goal weight

Goal body fat percentage.....

Goal dress /trouser size.....

Workouts per week.....

Nutritional goals.....

Workout goals.....

Other.....

What is motivating you:

“an idea is just an idea until you write it down!”

Need More Help?

If you need more help with nutritional advice, 1-1 support or body fat analysis then book a free personal training consultation today.

[Book Via Our Website >](#)