



NOTES

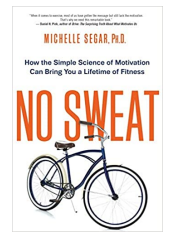
No Sweat

HOW THE SIMPLE SCIENCE OF MOTIVATION CAN BRING YOU A LIFETIME OF FITNESS

MICHELLE SEGAR, Ph.D.

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244 PAGES



KEY POINTS

What's Meaningful for you?

Right Why versus Wrong Why!

Self Care:

What are your fundamentals?

More Movement:

Yes please.

Get Moving!

“But one particular thing I learned grabbed onto me and wouldn’t let me go: Despite the pioneering findings showing that motivation is inextricably connected to our personality and to the “self,” in today’s typical conversations about promoting healthy lifestyles and self-care behaviours, professionals rarely talk about the self. Yet the secret to achieving sustainable self-perpetual behaviour change lies precisely in understanding how to create goals, motivation, and behavior that reflect what is most aligned with and meaningful to our sense of self.”

Michelle Segar from ‘No Sweat’

‘No Sweat’ is the perfect title for this book. ‘No sweat’ is a term we use to let others know that something is not difficult or problematic. If you read this book and engage with all the questions and processes getting in a ton of daily movement will be ‘no sweat’ for you. Michelle Segar has written a truly inspiring book and it is a fun and super interesting read. If you love geeking out on research and having that research broken down into practical useful tools then this book will give you a lifetime of joyful movement. Michelle takes us through her MAPS (Meaning, Awareness, Permission and Strategy) program. We must first understand what exercise means for us, become aware of why we haven’t made the time to discover activities we enjoy, give ourselves permission to take care of ourselves and then make a plan to make sure we do.

What's Meaningful for You?

“My research and other science suggest that people are more likely to sustain behaviours that are essential to their daily lives in immediate and noticeable ways”

This quote begs the question: ‘For you what behaviours are essential in immediate and noticeable ways?’ I’m going to give you some time to think about that.

Write your answers here!

It also begs the question: ‘What’s important to you? It’s amazing how many of us DON’T take the time to sit and reflect on what’s important and what behaviours need to become habits so that life is filled with things that are meaningful. So take some time and think.

What’s important to you?

If you find that movement/ exercise is not important to you then this needs to change. Our bodies require movement for biological function and without movement your cells cannot operate at their best. You must find a way to make movement and exercise meaningful and important to you.

What does movement/ exercise mean to you? Is it something you love to do that gives you a huge amount of joy or is it a chore? Is it something that you don’t like doing but you think you should do? If the latter is the case then you need to change the way you think about movement/ exercise. You need to find an activity that you enjoy. It’s your call, find something you love and then movement becomes a gift.

“If you want to change your behaviour in ways you’ll sustain, it’s very important to understand that our feelings tend to trump logic and the specific outcomes we hope for “in theory””.

If you feel like doing an activity chances are you will do it. But if you feel like you ‘should’ do something because you’ve been told it’s good for you chances are you won’t do it. So stop thinking you should be going to the gym five days a week and start taking those 20-minute walks that you always enjoy!!!

In the book Michelle quotes Gretchen Rubin, author of ‘The Happiness Project’ - Gretchen says- “A twenty minute walk that I do is better than a four-mile run that I don’t do.” Michelle says in response “Amen, sister”

Right Why versus Wrong Why

“But when eating and moving become something that we should do or have to do rather than something we want to do, this undermines motivation and participation big time”

Many of us choose to move in ways that we don’t enjoy and that feel bad! Why? It’s because we have been taught that to get health benefits we must exercise for specific durations at specific intensities etc. But this simply isn’t true. All movement counts and the more we move the better. Joan

Vernikos the former director of life sciences at NASA says that in our natural state we are perpetual movement machines. Choosing the wrong why will cause you to move/ exercise less. If we want to become perpetual movement machines taking every opportunity to move we must choose a ‘Right Why’!

“My colleagues and I found that 75 percent of participants cited weight loss or better health (current and future) as their top reasons for exercising; the other 25 percent exercised in order to enhance the quality of their daily lives (such as to create a sense of well-being or feel centered). Then we measured how much time they actually spent exercising over the course of the year. The answer may seem counterintuitive, but it’s true: The vast majority of the participants whose goals were weight loss and better health spent the least amount of time exercising overall—up to 32 percent less than those with other goals.”

WOW! That’s amazing. It seems that while losing weight and gaining better health are good reasons to exercise they are NOT effective at motivating us to actually DO the exercise.

These are all examples of the ‘Wrong Why’: These reasons are not intrinsically motivating. Moving or exercising because you want to lose weight, because you want to look a certain way in the future or because you want to be healthier in the future. Even though these are good reasons to exercise they are not very effective at motivating us to exercise.

These are examples of the ‘Right Why’. These reasons are intrinsically motivating. You choose to move because you know you feel crap if you don’t move/ exercise on any given day. You love going for walks with your friends. You move because it gives you a boost of energy. These whys are effective at motivating us to choose to move today!

I move because I really enjoy it. It helps me feel good in my body today. I know that if I feel crappy mentally or physically that moving in any way shape or form will make me feel better. And I now know that the more I move the better I feel. I’ve learnt over time that movement makes me feel good and that’s why I am a perpetual motion machine looking for micro movements and opportunities to move all day long.

Michelle says, *“When a self-care behaviour becomes a daily need, we sustain it.”* That’s magic. How can you experiment with new, joyful movement activities so that your movement becomes a daily need? And on that note what’s your one ‘Right Why’?

What’s your one ‘Right Why’?

“Why is the foundation of the entire behaviour change process”--says Michelle: so if you want to make daily movement part of your daily life, I suggest you grab the book and discover your ‘Right Why’, right away!!

Self Care

Do you get enough sleep? Move the amount you would like to? Eat food that makes you feel energized and alive? To boost our energy physically and psychologically we must take care of the fundamentals. Sleeping, moving/exercising, eating wonderful real food and spending time with people we love are some of the key behaviours we must engage in if we want to feel radiantly alive. If you are feeling less than amazing these are the fundamental behaviours you need to start chipping away at.

May I suggest you start with improving your sleep! Mathew Walkers great book ‘Why We Sleep’ is an absolute MUST READ. It’s astonishing how little humans sleep these days and it’s amazing what healthy sleep does for your entire being. PLEASE READ ‘WHY WE SLEEP’.

A good self-care routine will leave you buzzing and full of energy.

Michelle says *“The understanding that self-care is a practical tool that we can use to fuel our daily functioning and performance changes the essential nature of self-care and it’s role in our lives. In this new mindset, self-care is no longer a goal competing with other daily responsibilities. Instead, it’s the power source, an autonomous facilitator of everything we want to accomplish.”*

If you want to be a present parent, a loving partner, a great workmate and if you want to achieve and do the things that are important to you then you must have energy. How do you get more energy? You engage in the fundamentals, what Michelle calls self-care. You prioritize sleep, movement, good food and quality family time. How could you improve your sleep, movement and other fundamental behaviours?

Write your answers here!

More Movement

Want to know how to get more movement and exercise in your life? Prioritize it! Michelle calls this ‘giving physical activity clout’. Choose to look for the ways that daily movement brings value to your life. The second thing you can do is to count everything. All movement counts, you don’t have to do a 45-minute sweaty routine to get in some movement. Everything counts, walking counts. Michelle has some awesome tips in the book. Joan Verniko’s book ‘Sitting Kills, Moving Heals’ also has some awesome ideas. But you don’t need to be a rocket scientist to know how to move your body more!

Michelle says *“Opportunities to move and enjoy physical movement are, quite literally everywhere.”*

And *“Take any and every opportunity to move, in any way possible, at whatever speed you like, for any amount of time. Do what makes you feel good; stop doing what makes you feel bad.”*

Get Moving

In the book Michelle has many amazing questions and processes to help you discover what exercise means to you, what movements you love and the things that will keep you motivated to move for a lifetime. I highly recommend you get the book and work through all the questions. In the meantime here are some questions that I love answering for myself every few months.

These questions come from my movement teacher, Katy Bowman. You can find out more about Katy at www.nutritiousmovement.com.

Are you moving the way you want to be moving?

In which areas of your body or life have you begun to move better?

In which areas do you still desire to move more?

What changes can you make in your life to meet your needs?

If your body is not working for your life then it is your life that needs to change for your body. Instead of trying to create a healthy or fit body start by creating a life that is healthy or fit. Create a life in which you have time to move and do the things that are important to you. If your life is unfit then your body will always be unfit also. Create an environment for yourself and those you love that requires you to move in ways you enjoy. Find those opportunities to move, opportunities to love and those opportunities to find joy! If you don't start looking you will never find them☺

About the Author of 'No Sweat'

Michelle Segar Ph.D

Michelle Segar, PhD, MPH, MS bestselling author of *No Sweat* and sustainable behavior change scientist directs the University of Michigan's Sport, Health, and Activity Research and Policy Center. She has translated science into sustainable behavior change messages and programming for decades and is a recognized pioneer and leading authority in this field. Her comprehensive, science-based, and tailored approach to creating sustainable behavior change related to healthy lifestyles and well-being has made her a sought-after speaker, sustainable-behavior-change trainer, consultant, and learning/intervention expert for global organizations seeking to accelerate and sustain positive change. That's from her website which is www.michellesegar.com. I recommend you check it out and subscribe to her newsletter.

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Hazel has a degree in Exercise and Sports Science. She is also an Anatomy Trains Structural Integrator and a Restorative Exercise Specialist. She works with clients to improve movement and reduce pain. She loves reading and geeking out on movement books. She writes notes on the books she loves to help others learn faster.

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I hope you enjoyed the content of this note but please remember that it is not medical advice and should not be used as such.