

Outdoor health tips from the Posse:

Finding motivation when you need it

It is easy for me to find my motivation for doing the “fun things,” like hunting, hiking and fishing but can be troublesome for the things that are really good for me, like exercise.

My wife tries to motivate me to do chores from her endless list, but her methods are somewhat lacking. Saying things like, “stop being so lazy and go clean the gutters” or “stop staring out the window and fix my pantry shelf” give me absolutely no motivation. In fact, comments like those are likely to lead to a rather sarcastic retort. I rise very early every morning, somewhere around 4 a.m. It is an old habit that I was never able to break. I use the early hours to do my workout. The sad reality is I could easily talk myself into eating breakfast and drinking coffee instead of the exercise without any effort at all.

With spring upon us, and most of the winter weather in the rearview mirror, it is probably time to think about getting into shape again for those spring chores and summer outdoor activities. Most of my “fun” activities involve physical fitness, so I better get serious about training again. We keep our thermostat set at 62 overnight, during the winter months. It seems we sleep better when we keep it cooler in the house. There is a wood-stove that we use to heat the area we spend most of our time. At 4 a.m., it is pretty cool in the house and can be very difficult to convince yourself to climb out of the covers. Temperature and daylight have a big impact on our body’s biorhythms, especially during the winter and early spring months. Adjusting your thermostat can help. Many of the newer thermostats have a timer, where you can set the house to be warmer when your alarm goes off. Leave your workout clothes somewhere near a heat vent, so that the



Mark Rackay
Tips from the Posse



Thinking about spending the warmer months hiking, fishing, hunting, off-roading and playing in these beautiful mountains is motivation enough for me to stay in shape. Help is here so you can find yours. (Special to the Montrose Daily Press/Mark Rackay)

blowing heat will warm them up before you jump into them. There goes your excuse to stay in bed on those cold, dark mornings. One of the best ways to jump-start your carcass is to immediately hit the shower. I know that it seems silly if you are just going to get sweated up doing your workout, but a shower can really get you woke up in a hurry. I don’t go to the gym. We have a workout room at home, set up with a few basic machines, like a good treadmill, stationary bike, and an elliptical machine. We also have several weight sets that we use. People that want more variety of exercise, or more detailed workouts utilizing a professional trainer, will be better suited to use a gym. Going to a gym creates a whole new set of excuses for me to utilize. Foremost is the weather excuse. I can’t drive to the gym because it is snowing, raining, cold, windy, too dark, light, unusual etc. By conducting your workout routine at home, you eliminate the entire set of excuses. Change up your workout on a regular basis. Changing things around prevents you from getting totally bored with the program. Face it; running on a treadmill for 30 minutes is

akin to heading uptown to watch haircuts. One day, go for a jog outside around the neighborhood. On the next cardio day, ride the bike or hit the elliptical. If the weather is rough, hit the treadmill inside. Most treadmills have preset programs that you can choose a different one based on duration and intensity. Challenge yourself and set a goal. Make the goal difficult to reach but not unattainable. Concentrate on high intensity with your workout, so that afterwards, you feel like you really accomplished something. The thought of success can help motivate you to the next level of your workout. Take a hard look at your clothing, especially your shoes. Wearing worn out or tired shoes can cause serious damage to your feet, knees, back, legs and ankles. Workout shoes need to be replaced regularly, especially for runners and power walkers. Shoes that fit properly, and have the proper insoles and soles for the type of workout you do are most important. You don’t want to do Crossfit in running shoes, and normally don’t want to do serious running in a pair of cross trainers. Seek professional advice if you have concerns or questions. The buddy system works great for all

things outdoor related and exercise is no different. Nothing gets you moving better than knowing someone else is going to meet you at the gym and join you for the workout. Remember, misery loves company. Seriously, sharing goals and encouragement with a partner makes it go easier. You can even throw a leash on the dog, and take him along for the power walk or jog. The outside time and exercise will help your pup feel better too. Sometime taking a break from your workout routine is in order. When I travel, my trips usually have duration of one to two weeks, depending on the hunt I am going on. I don’t continue my workout routine on those trips. I figure hiking the hills, carrying a pack and rifle, are sufficient exercise. When I return, I immediately get back on track with my workout schedule. The break is good for both your mental and physical well-being. A rest period of extended time allows all the muscles and joints an opportunity to recover and heal. Even if you just take a break for a week or two at home it can be beneficial. Try yoga or low impact workouts, such as Pilates, to give your body a break. When you get back to your normal routine, you will be refreshed and ready to hit it again. When I am slugging it out on a mountain, I realize that is the reason I stick with my workout. I remind myself of the reason on those cold mornings when I would rather stay in bed. Now, If I could only find some motivation to hit that chore list my wife has for me. On the other hand, if I tackle that list and get caught up, she will only add more. Probably best to keep avoiding her on that subject.. *Mark Rackay is a columnist for the Montrose Daily Press and an avid hunter who travels all across North America in search of adventure, and serves as a director and public information officer for the Montrose County Sheriff’s Posse. For information about the Posse call 970-252-4033 (leave a message) or email info@mcspi.org.*

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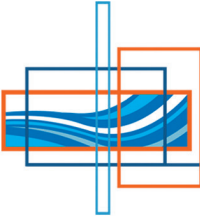
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