



### Remain Mindful.

Help your client recognize and name the negative feelings they might have about being sedentary or overweight. Encourage them to work through emotions rather than set them aside — if they are avoided, they come back.



### Build Connection.

People often feel isolated in their struggles. Remind clients that even though their negative self-image seems intensely personal, many others are challenged by the same things. They are not alone.



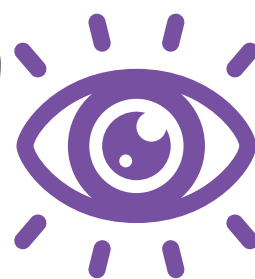
### Be Kind to Bad Feelings.

Just as a parent's soothing words to an infant release the love hormone oxytocin, adults can also calm themselves with self-kindness. Remind clients to be good to themselves, even (and especially) when they don't feel like it.



### Learn from Negativity.

Interrogating bad feelings can uncover where they come from. Maybe it's worry about being a poor role model or concern about personal health. Help clients get the "why" from their negativity rather than simply suffering with it.



### Envision the Future.

Using the visual parts of the brain to imagine the future increases the likelihood of success. Help your client see the future they desire: lifting a challenging weight, running a 5K or hiking a picturesque mountain with their children. To see is to believe!

# Assisting the Apprehensive Exerciser

When meeting with new clients looking to lose weight or get in better shape, you may find that many are dealing with internal negativity and self-doubt. It's important to know how to help them through these emotional barriers, improving their chances of a successful fitness journey.