



15th August 2011

# Greg's Motivation & Support

## Motivation & Support

Motivation, as you would already know, comes from inside and other people can only give you a stimulant or an external inspiration to take action.

Motivation, or lack of it is what we all have suffered from time to time. When this lack of motivation develops we can choose to remain in this situation or move in to a more positive and confident motivational position.

Trekfa, through MyBushWalks will give you a path for lifting your motivation and developing a new horizon along with achievable goals to aim for.

Walking is one of many avenues that can create the opportunity to seek out a personal motivational goal, and by walking with a group it can assist in developing friendship bonds and giving you team building experiences.

When you walk with a group, you are technically participating in a team situation thus creating a personal responsibility to grow with and meet the goals of that team. In doing so, personal motivation will often automatically generate itself through the team's inspiration and the confidence the team gives you to challenge yourself so that you can meet your personal goals while also aiming for the overall goal of the team.

Bushwalking also does wonderful things to the body and the mind. The benefits of walking are twofold, not only does it create a fitness within the body, it stimulates brain activity giving you the desire for motivation.

Some of those benefits include, reducing stress and improving mood and outlook on life. Exercise through walking changes the brain activity creating an uptake of serotonin, the feel good chemical which promotes improved mood and feelings of wellbeing.

Exercise through bushwalking is a natural stimulator of many important mood hormones. Don't think of exercise as a chore. Simply realize that between 15 or 30 minutes of exercise every day will naturally release these feel-good hormones that are so vital to feeling happy and calm. As Greg says, exercise is about feeling good, not just looking good.

If you want more out of life, join us now for a kinetically energised therapeutic walk through the bush. You owe it to yourself... Whether it is a ten minute stroll out through your front door or taking the dog for a walk, any form of exercise will assist you with an uptake of the feel good chemical.

It's time to get motivated..... What are you waiting for?

