

sol ballard

# Get Fit the Lazy Way

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A 8-MINUTE (or LESS) WORKOUTS LIST



*A guide that will  
help trick your mind  
into getting you fit*

# **Get Fit the Lazy Way**

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## How I Got Fit the Lazy Way

I stared reluctantly at my gym membership card that dangled from my keys. The truth is that I wanted the fit body but wasn't up to putting in the effort.

I had no idea how I was going to make the beach body I desired happen. The process of changing into gym clothes, getting into my car, driving to the gym, spending time I didn't have, then embarrassing myself with poor form and low endurance in front of all the fit hot bodies at the gym seemed less than ideal and extremely intimidating.

*Nope, I am not going,* I thought to myself.

The next few days my guilt haunted me.

I couldn't justify not getting healthy. I wasn't what society would call overweight but was a little soggy around the mid-section and I longed for optimal health.

My excuses just weren't cutting it anymore, and let's face it, I was just plain out lazy.

*I have to do something. Anything!* I thought to myself.

As my mind released that thought, a light bulb went on over my head.

So began my lazy fitness journey that I will now share with you.

I started off by moving my body in any way that I could. It didn't matter what the movement was but I made sure that I did it. Which leads me to step numero uno:

## **No. 1 Do something. Anything.**

Start with something you perceive as fun like a walk in the park or the beach, jumping on a trampoline, jumping rope, sports, dancing, whatever it is, just get your body moving.

The secret here is that your mind and your body will be better able to process smaller and pleasant things and will more easily agree to do them if the workout feels less of a burden and more of an enjoyable activity.

When I started out my lazy journey, I went outside and just played with my dog, Enea. He got some playtime as we chased each other around and I got a great workout out of it.

No fancy gym equipment, no intimidating hot bodies at the gym, just fun and games with my cute English Bulldog.

## **No. 2 Do little.**

Once you have picked your movement of choice commit to doing it every day or several times a week for a ridiculously short amount of time.

By ridiculously short, I mean ridiculously short. So two minutes of movement is perfect.

Why so short you ask? Similarly to how your mind is more likely to do things when those things are fun, you can more easily convince it to do not-so fun things if they are for a short amount of time.

If you happen to do more than your ridiculously short amount of time, congrats! You added bonus time.

Even though your mini workout is for a small amount of time, schedule it in. Everyday at the same time go out and do your fun activity for about the same time.

Scheduling a cue to remind you to do your workout is good. Perhaps you do your mini workout first thing in the morning to get it out of the way or after lunch- the point is to stay consistent with your commitment.

This is how your brain starts creating a habit. This habit will let your mind and body know that it is time to get physical. This reduces the feeling of overwhelm of getting a workout in.

### **No. 3 Make progress.**

After doing steps 1 and 2 for some time, you will see that the activity gets easier and easier as time goes by.

You know that you have created a habit when you go and do your mini workout without even thinking about it (like when you brush your teeth in the morning.) Congratulations! This means you are making progress.

Now it is time to challenge yourself. Depending on your fitness end goal, you can increase the time of your current activity, add weights if the activity allows, or depending on how you feel, begin on “real” workout routine.

If you decide to add time/weights to your activity make sure that you do enough to challenge yourself and increase the time/weights as the activity gets easier. If you decide to go with a “real” workout routine, your mind and body are now ready to take on the challenge.

The secret to creating change in your life is to start with small teeny-weeny bite size steps that are manageable and taking consistent bite size steps from there.

This approach has worked wonders for my health and in my life in general. I managed to tone up and maintain an ideal workout regime.

If you would like to get fit the lazy way, my advice would be not to focus on the overall process. Take it day by day and only think about the activity for that day.

As you go, your body will naturally “crave” a workout and your mind will be trained for it. You will also somehow end up working out for longer periods of time.

There you go, that is go you train your mind to get fit, the lazy way!

If you know someone that would love to learn how to get fit the lazy way send them this link:

**<http://solballard.com/getfitthelazyway/>**

**Scroll** to the next page for my list of my most favorite 8-minute (or less) fab workouts that will help you get in shape- the lazy way!

*This is a list of my favorite 8-minute (or-less) workouts that I used to get into shape. They are all fun YouTube workout videos that require no equipment and can easily be done at home when you have no time or just feeling lazy. Enjoy!*

**1. How to Burn 150 Calories in 8 minutes**

**2. How to Lose Belly Fat: 5 Minute Abs**

**3. 5 Minute Butt and Thigh Workout for a Bigger Butt - Exercises to Lift and Tone Your Butt and Thighs**

**4. 8 Minute Legs**

**5. 5 Minute Arm Toning Workout**

A workout for everyday of the week!