



Transcript from February 9, 2010 to February 11, 2010

All times are Pacific Time

February 9, 2010

- 12:37 am **fitcityindy**: Join us tomorrow, 6:30-7:30 pm for our 1st TweetChat with the YMCA. Look for #indyfitchat.
- 5:29 am **twchat**: @fitcityindy if ur #indyfitchat takes place regularly, feel free to add it to the twitter chat sched: <http://bit.ly/oXBBu>
- 12:18 pm **FitFactorKids**: RT @fitcityindy: Join us tomorrow, 6:30-7:30 pm for our 1st TweetChat with the YMCA. Look for #indyfitchat.
- 1:24 pm **lisavielee**: Done! RT @twchat: @fitcityindy if ur #indyfitchat takes place regularly, feel free to add it to the twitter chat sched: <http://bit.ly/oXBBu>
- 2:40 pm **fitcityindy**: Join our first TweetChat tonight, 6:30-7:30pm ET. Look for #indyfitchat. Send questions & talk about workout burnout.
- 3:52 pm **amyleemartin**: RT @fitcityindy: Join our first TweetChat tonight, 6:30-7:30pm ET. Look for #indyfitchat. Send questions & talk about workout burnout.
- 10:58 pm **fitcityindy**: #indyfitchat will begin in 30 minutes. Feel free to snooze us for the next hour if you don't want to follow along (but we hope you do join!)
- 11:01 pm **lisavielee**: I'm moderating so snooze me if you must. RT @fitcityindy: #indyfitchat will begin in 30 minutes. Feel free to snooze us for the next hour
- 11:19 pm **fitcityindy**: 10 minutes until the 1st #indyfitchat. Stay inside and enjoy the talk about beating Feb. workout fatigue - despite the snow!
- 11:26 pm **eternallizdom**: RT @fitcityindy: 10 minutes until the 1st #indyfitchat. Stay inside and enjoy the talk about beating Feb. workout fatigue - despite the snow!
- 11:28 pm **eternallizdom**: Twitter folks: 10 minutes until the 1st #indyfitchat. Stay inside and enjoy the talk about beating Feb. workout... <http://bit.ly/dAILTM>
- 11:28 pm **lisavielee**: @eternallizdom Welcome Liz to #indyfitchat. We'll get started in just a few minutes
- 11:29 pm **JenStringer10**: I'm ready for the #indyfitchat RT @fitcityindy.
- 11:30 pm **fitcityindy**: Welcome to the first #indyfitchat with wellness coach Matt Larson from the Indy YMCA, talking about how to beat workout burnout.
- 11:31 pm **fitcityindy**: If you are joining us , introduce yourself and be sure to add #indyfitchat to your tweets!
- 11:33 pm **JenStringer10**: Hi, this is Jennifer #indyfitchat. Do you need to know more than that?
- 11:34 pm **fitcityindy**: Here's our first #indyfitchat question! What is the best way to make working out a habit?
- 11:35 pm **fitcityindy**: (Matt) Hi everyone. The most important thing is to create S.M.A.R.T. goals. #indyfitchat
- 11:36 pm **fitcityindy**: (Matt) S = Specific M = measurable A = attainable R= realistic and T = time oriented #indyfitchat

pm

11:37 pm [lisavielee](#): Workout goals should be: RT @[fitcityindy](#): (Matt) S=Specific M = measurable A = attainable R= realistic and T = time oriented #[indyfitchat](#)

11:37 pm [JenStringer10](#): RT @[lisavielee](#): Workout goals should be: RT @[fitcityindy](#): (Matt) S=Specific M = measurable A = attainable R= realistic and T = time oriented #[indyfitchat](#)

11:37 pm [eternallizdom](#): Hi Matt and Hi #[indyfitchat](#)!

11:39 pm [fitcityindy](#): If you are just joining #[indyfitchat](#), we are talking about setting SMART goals with Matt Larson from YMCA.

11:39 pm [fitcityindy](#): @[Flourish_Girl](#) Yes. It is important to make exercise a part of your regular schedule. #[indyfitchat](#) Meetings work well!

11:40 pm [JenStringer10](#): RT @[fitcityindy](#). Bad" goal would be get in shape. "Good" goal would be do 30 minutes of treadmill 3X a week. Make sense? #[indyfitchat](#)

11:41 pm [fitcityindy](#): (Matt) Measurable goals would a goal that has a number attached. Beginners average 1 - 2 lbs. lost a week #[indyfitchat](#)

11:42 pm [fitcityindy](#): (Matt) Measurable - how you know when the goal is accomplished. #[indyfitchat](#)

11:43 pm [fitcityindy](#): (Matt) Realistic goals are goals you are "willing and able to work for" #[indyfitchat](#)

11:44 pm [fitcityindy](#): (Matt) Realistic goals build on what you've done/accomplished in the past #[indyfitchat](#)

11:44 pm [fitcityindy](#): (Matt) Last but not least, T (time). No sense of urgency is not a good way to set goals. "Some Day" won't work. #[indyfitchat](#)

11:45 pm [lisavielee](#): @[fitcityindy](#) My realistic goal for the night is 30 minutes of treadmill tonight while I watch "Lost" #[indyfitchat](#)

11:45 pm [JenStringer10](#): RT @[fitcityindy](#) Realistic goals build on what you've done/accomplished in the past. What if you've been inactive for a while? #[indyfitchat](#)

11:46 pm [fitcityindy](#): Great goal if U do it each week! RT @[lisavielee](#): My realistic goal is 30 minutes of treadmill tonight while I watch "Lost" #[indyfitchat](#)

11:48 pm [fitcityindy](#): For those on the #[indyfitchat](#), what tends to get you off track from your SMART goals?

11:49 pm [JenStringer10](#): @[lisavielee](#) Do 30 minutes on the treadmill & then keep your heart racing by watching Sawyer #[indyfitchat](#)

11:49 pm [lisavielee](#): @[JenStringer10](#) If you've been inactive, start over. It's not a failure. Get back at it! #[indyfitchat](#)

11:50 pm [fitcityindy](#): @[JenStringer10](#) Matt says you don't have to wait for a special day (or day of the week) to start over. #[indyfitchat](#)

11:50 pm [eternallizdom](#): I set a goal for Feb. Attend class @ gym every Tues and Thurs. Get a pedicure when I achieve goal of attending each class! #[indyfitchat](#)

11:51 pm [lisavielee](#): @[eternallizdom](#) Excellent. Rewards help you achieve greater success. #[indyfitchat](#)

11:52 pm [eternallizdom](#): Life gets me off track! Errands need to be run, kids get sick, work gets hectic. My workout time is lunch hour. #[indyfitchat](#)

11:52 pm [fitcityindy](#): Matt says every success is worth celebrating. Set rewards as part of your goal. #[indyfitchat](#)

11:52 pm [JenStringer10](#): Matt, what's the difference between a wellness coach (which you are) and a personal trainer? How

pm can each help with goals? #indyfitchat

11:52 fitcityindy: Q2: Can exercise really fight fatigue? (yes) #indyfitchat
pm

11:53 fitcityindy: (Matt) Exercise actually increases your daily energy level. #indyfitchat (medically proven)
pm

11:53 eternallizdom: My lunch hour is a great time for running errands, making phone calls, etc. Things that can take the place of hitting the gym. #indyfitchat
pm

11:54 lisavielee: @JenStringer10 I'm both actually. Wellness coachs at the Y introduce you to equipment for free. Trainers are paid specialists. #indyfitchat
pm

11:55 fitcityindy: (From Matt) @JenStringer10 I'm both actually. Wellness coachs at Y introduce you to equipment. Trainers are paid specialists. #indyfitchat
pm

11:56 fitcityindy: @eternallizdom That's why setting appointment is so important. Good for you to find time to stay active. #indyfitchat
pm

11:56 Flourish_Girl: @eternallizdom great ideas! Using "wasted time" to fill in the gaps, saving extra time for fitness. #indyfitchat
pm

11:56 lisavielee: RT @fitcityindy: Q2: Can exercise really fight fatigue? (yes) #indyfitchat
pm

11:57 Flourish_Girl: Matt, what exercises would you recommend to fight fatigue? #indyfitchat
pm

11:57 fitcityindy: Q2: Exercise is better for body than coffee, meds. #indyfitchat It also helps you sleep better at night!
pm

11:58 fitcityindy: BTW...You can't count regular physical activity as "exercise" - aim for 60 mins. above daily activity. #indyfitchat
pm

11:59 fitcityindy: @Flourish_Girl Cardio, anything to get heart rate up. #indyfitchat
pm

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eternallizdom: 60 mins above daily activity. That frustrates me. My day ends and I am so exhausted. Finding another hour in my day? WALL! #indyfitchat

fitcityindy: @Flourish_Girl At Home Examples: climb your stairs, jumping jacks, push-ups, chair sits #indyfitchat

12:01 fitcityindy: @eternallizdom You can break it up in 10-15 min chunks throughout day. #indyfitchat
am

12:02 eternallizdom: Ah! Good! That feels a lot more manageable! #indyfitchat
am

12:02 fitcityindy: @eternallizdom Even walking briskly during your lunch hour counts. Take stairs, park farther away. #indyfitchat
am

12:03 fitcityindy: (Matt) Another tip is to stay accountable to someone else. Find your FitCity Friend to keep you motivated. #indyfitchat
am

12:04 lisavielee: RT @fitcityindy: (Matt) Another tip is to stay accountable to someone else. Find your FitCity Friend to keep you motivated. #indyfitchat
am

12:05 fitcityindy: Especially during cold months, there are many others feeling same frustrations. Make connections=fighting fatigue #indyfitchat
am

12:06 fitcityindy: @RawHealer Welcome to #indyfitchat. Thanks for tip about breaking up exercise into chunks to keep from being overwhelmed.
am

12:07 fitcityindy: Welcome @CMV420 to #indyfitchat!
am

- 12:09 am fitcityindy: @Flourish_Girl Other ways to fight fatigue are to sign up for programs/class to peak your interest & keep you accountable. #indyfitchat
- 12:10 am JenStringer10: RT @fitcityindy: Especially during cold months, there are many others feeling same frustrations. Make connections=fighting fatigue #indyfitchat
- 12:11 am fitcityindy: Do any of you have any other questions for Matt? #indyfitchat
- 12:11 am Flourish_Girl: @fitcityindy How does one get connected w/ an accountability fitness friend w/ FitCity? #indyfitchat
- 12:12 am FitFactorKids: Hi there @FitCityIndy #indyfitchat
- 12:12 am Flourish_Girl: What Y do you work at Matt? #indyfitchat
- 12:13 am eternallizdom: Are there foods that are better energy boosters for winter workouts? #indyfitchat
- 12:14 am fitcityindy: (Matt) Ransburg YMCA also has a "meet and motivate" group of members/volunteers who will work with others #indyfitchat
- 12:14 am eternallizdom: @Flourish_Girl Use the bloggers! I'd love to hook up for some accountability with other FC Friends! #indyfitchat
- 12:14 am JenStringer10: If you're kinda getting back into fitness routine what's better -- being accountable to a trainer or just a friend? #indyfitchat
- 12:14 am fitcityindy: @FitFactorKids Welcome to #indyfitchat! Any tips from you on how to stay motivated and set SMART goals?
- 12:15 am fitcityindy: @eternallizdom Fresh is always better (if you can). Eat some nuts or fruits before your workout to boost energy. #indyfitchat
- 12:15 am Flourish_Girl: @eternallizdom Awesome! I'm a new mom so this is a whole new world! Just started following you. #indyfitchat
- 12:16 am fitcityindy: @FitFactorKids No, Indiana is on EST. #indyfitchat
- 12:17 am Flourish_Girl: I try to pair a complex carb w/ good fat, plus protein. Oranges are in season, and add a few walnuts = perfect fitness snack! #indyfitchat
- 12:17 am eternallizdom: @Flourish_Girl Followed you back. Let's keep in touch and find a way to be accountable together, ok? #indyfitchat
- 12:17 am FitFactorKids: Love the idea of exercising in chunks. During the day I go to the restroom on a different floor, so I have to take the stairs #indyfitchat
- 12:17 am fitcityindy: Q3: How can you tell if your goal is a S.M.A.R.T. one? (Tell Matt your fitness goal and he'll tell you!) #indyfitchat
- 12:19 am fitcityindy: @FitFactorKids Taking the stairs is a good-for-you activity! #indyfitchat
- 12:20 am FitFactorKids: It works for kids too. Our son loves doing exercise challenges (like <http://bit.ly/b2vNkV>) on the weekend #indyfitchat
- 12:20 am fitcityindy: RT @Flourish_Girl: I try to pair a complex carb w/ good fat, plus protein. Oranges are in season & add a few walnuts. #indyfitchat
- 12:22 am lisavielee: @FitFactorKids Great challenges! Working out at the computer is one of my tricks. #indyfitchat
- 12:22 am Flourish_Girl: @FitFactorKids Just checked out your webste! Great fitness ideas for kids. It's motivating to be a parent-fitness role model. #indyfitchat

- 12:23 am fitcityindy: Last question for the night: How do you establish workout habits? #indyfitchat
- 12:23 am Flourish_Girl: @lisavielee What do u do to workout @ the computer? I need that! #indyfitchat
- 12:23 am eternallizdom: Share some computer exercises, please! #indyfitchat
- 12:23 am FitFactorKids: @lisavielee That one is so fun. We do it as a family. Take turns trying to beat each others best time #indyfitchat
- 12:24 am fitcityindy: (Matt) To make a habit, you have to stay active for 21 days - make it part of your weekly routine for 3 weeks. #indyfitchat
- 12:25 am lisavielee: @Flourish_Girl I have a stability ball that I sit on to work out my core while I write. #indyfitchat
- 12:25 am FitFactorKids: @Flourish_Girl Thanks so much. We're sure trying! Coach O (my better half) is an elem PE coach. Making a difference every day. #indyfitchat
- 12:25 am eternallizdom: I love getting my kids involved in physical activities- they support me on my Wii Fit or we go out for walks and so on. #indyfitchat
- 12:26 am FitFactorKids: In our family, we take turns. I work out while the hub cooks dinner. We all eat together, then I clean up while he works out #indyfitchat
- 12:27 am FitFactorKids: Family walks are great too. We have a local park w an obstacle course. Fun for the whole family...even our 6 yo #indyfitchat
- 12:27 am fitcityindy: @Dafforn That's a great routine - great way to build a habit. Now set some goals to continue your health habits outside of gym. #indyfitchat
- 12:27 am Flourish_Girl: Helps me to make a habit when I focus on how wrkingout makes me feel. Then I get addicted to that feeling! #indyfitchat
- 12:27 am Dafforn: @fitcityindy #indyfitchat Talking with a trainer and committing on paper for 3 month intervals ismy method for #goal setting to stay #fit
- 12:27 am eternallizdom: Getting spouses into fitness would take another hour to discuss! #indyfitchat
- 12:28 am lisavielee: @FitFactorKids Great compromise so everyone can keep up healthy habits. #indyfitchat
- 12:28 am Flourish_Girl: @eternallizdom I was just thinking the very SAME THING! #indyfitchat
- 12:28 am fitcityindy: @Dafforn Writing goals down is an important part of the routine. Well done! #indyfitchat
- 12:29 am fitcityindy: (Matt) Q4: Focus on how workout makes you feel, not the task of working out to help make it a routine/habit. #indyfitchat
- 12:31 am fitcityindy: The mind really is the ultimate motivator for our health journey. #indyfitchat
- 12:31 am fitcityindy: To quote Henry Ford, "whether you think you can or think you can't, you are right." #indyfitchat
- 12:32 am FitFactorKids: I have to admit, one of my biggest motivators for working out was having some ME time every day (after my son was born) #indyfitchat
- 12:32 am fitcityindy: That brings us to the end of our hour #indyfitchat. Now, who is going to go start/continue a SMART habit of exercise? #indyfitchat
- 12:32 am fitcityindy: Thanks for all the great comments and ideas on how to stay motivated and active during the winter #indyfitchat

- 12:32 am eternallizdom: @fitcityindy Thank you for this chat! Thanks to Matt for answering Q's. Looking fwd to my new FC Friend Accountability, too! #indyfitchat
- 12:34 am FitFactorKids: Thanks @FitCityIndy I'll try to make it on time for your next TweetChat! #indyfitchat
- 12:38 am Flourish_Girl: Thanks for the motivation, everyone! #indyfitchat
- 12:40 am drthomasho: @fitcityindy I just cleared driveway & walks with @lauraho #indyfitchat
- 12:41 am fitcityindy: @DrThomasHo Great cardio workout. Hopefully you won't have to make that one a routine though! #indyfitchat
- 12:42 am lisavielee: RT @fitcityindy: If you like the #indyfitchat, join us Feb. 23 at 6:30 pm for Grocery Survival Strategies with nutritionist Annessa Chumbly.
- 1:02 am tinanoelPR: @FitFactorKids What kinds of exercise have you found easy to fit into your post-baby schedule? #indyfitchat
- 4:57 am SFKett: RT @fitcityindy: To quote Henry Ford, "whether you think you can or think you can't, you are right." #indyfitchat
- 8:11 am Bodysportcom: RT @fitcityindy: Join our first TweetChat tonight, 6:30-7:30pm ET. Look for #indyfitchat. Send questions & (cont) <http://tl.gd/83tmo>
- 11:50 am fitcityindy: @Bodysportcom :-(The #indyfitchat was last night (Tuesday). Our next one is Feb. 23 at 6:30 p.m. ET. Hope you can join us then!
- 1:55 pm LeadReads: @fitcityindy re: #Indyfitchat: welcome newcomers 2 Tuesday night basic yoga class @ www.leadingreads.com/yogaclasses