

# TRACY'S TIPS FOR SUCCESS



**Be the real you.** I never wear Spanx because it's not the real me; it's not who I am! The only person I'm hiding from is me! Just embrace who you are naturally, both inside and out.

**Find your love.** You've got to find something—or someone—you love in the gym. Whether it's an instructor, a class, a time of day, or that person at the Welcome Center that is expecting you, find that one reason to show up in the building. Once you make it inside the front doors of the Y, it's downhill from there!

**Pack your meals.** Breakfast, lunch, snacks: I have to know what I'm going to eat, because if I don't plan ahead, I'm tempted to eat whatever snacks are within reach.

**Go for at least 10 minutes:** Just tell yourself that you only have to exercise for 10 minutes. If at the end of 10 minutes, you still don't want to exercise, go home. But chances are, you'll find that you're suddenly enjoying your workout!

**A place to belong:** Join a group of people. Try a class. They will push you to go faster and longer than you normally would. In cardio dance, I might be going left, and they're going right...but I'm moving and having fun!