

Hey there!

How are you feeling 3 days into your challenge?

I know that on my third day, my motivation was beginning to lag a little and I began to not put the effort required into my workouts, so I am sending this in the hope that if this rings true for you, I can help get you over the Day 3 hump (so to speak!)

You are doing great and keeping your mind on the end goal is often all it takes to reignite that initial spark that was inside you when you decided to do this challenge. Remember, you would not have started if there was not a part of you (however deeply buried) that wants to succeed. I know that by Day 3, those thoughts may seem like a distant memory... but that is just your tired muscles speaking! You can do this, I am sure of it :-)

So today, if you cannot muster up a workout or if you are one of the rare few who set their mind to something and, come what may, follows through, perhaps you can add this little tip into your day somewhere.

Find a step, not a big step, about 6" or 15cm high. Place your right foot on the step, exactly where you would place your foot in the stirrup and \*important part\* keep your knee over your toes. Gently press your weight down into your heel, making sure your knee is above your toes. Hold for 5 seconds and slowly release your weight up again. Do not push to the point you are feeling discomfort, just a gentle pressure. Little steps!

Do this a few times a day on each leg and you will begin to elongate the muscle, tendons and ligaments in your lower leg to develop a better heel and ankle position in the saddle.

Good luck and remember, keep pushing through.. You are one of the few people who care enough to begin improving their body awareness...

Go You :-)

Keep well

Lorna