

JENNIFER HUDSON'S WORKOUT INSPIRATION



Jennifer Hudson shares her personal, inspiring ways to find the positive even during setbacks. **PLUS: Rate your progress on our exclusive Feel-Great Checklist!**

Jennifer Hudson went from an incredibly busy star who didn't have the time or desire to work out to an incredibly busy star who has made activity part of her life. She's navigated the ups and downs of all of it. And here, for the first time, she offers her best advice on how you can get through the sticking points, too. Because everyone has them (even her!) — and she knows you can get through them.

The Trouble: **YOU'VE LOST YOUR MOJO**

The Fix: If you've skipped your workout three times this week, stop the voice that keeps you dwelling on what you didn't do. Instead, say "I have worked out one time" and feel good about it. Find the positive and don't talk negatively. Get out there and put one foot in front of the other. Stop thinking about it and just do it.

The Trouble: **YOU'RE DISCOURAGED ABOUT YOUR PROGRESS**

Focus on your progress, not on the end goal, because that seems far away. When I first started working out, I couldn't even do one push-up. But all of a sudden I could do one. And then I could do two. If you can do half of one push-up, good for you. And then you're doing two, and then you're doing three. It's a different way of thinking and talking about exercise, but it's important to focus on every success. Because success is success, and that's what keeps you going.

The Trouble: **YOUR WORKOUT FEELS HARD**

Your mind is strong, and it can take you away if you want it to. Sometimes during a workout, I imagine that I'm somewhere else, like on the runway or out at a park or on the beach. That trick keeps you from getting all negative about a workout when it gets hard, too. I remember when I couldn't even run. And now, I can run on a treadmill for 20 minutes straight! Taking my mind off it really helped.

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The Trouble:

WORKING OUT DOESN'T SEEM NATURAL

Being active wasn't part of how I grew up. But now I am active, and my fiancé is too. I hope that being this way in front of my son makes it seem natural that this is just part of what a healthy family does.

FIND THE POSITIVE: YOUR FEEL GREAT CHECKLIST

Jennifer Hudson's smart advice includes feeling good about what you can do when you exercise, and not thinking about what you're not doing. Exercise brings with it huge rewards that we sometimes forget to take note of. Check off which of these have changed since you started working out and refer to this list frequently — especially on days when you're tempted not to work out. Impressing yourself with how far you've come can keep you coming back for more!

POST THIS ON YOUR WALL! ▼

Since I started working out, I feel:

- | | |
|---|---|
| <input type="checkbox"/> Less hungry | <input type="checkbox"/> My muscles! |
| <input type="checkbox"/> More energized during the day | <input type="checkbox"/> My waistbands are looser |
| <input type="checkbox"/> More focused | <input type="checkbox"/> My "muffin top" shrank |
| <input type="checkbox"/> My head is clearer | <input type="checkbox"/> Not winded when I walk up stairs |
| <input type="checkbox"/> Less of a need for coffee | <input type="checkbox"/> Stronger when I carry things like laundry or golf clubs |
| <input type="checkbox"/> More organized | <input type="checkbox"/> Less tired after chasing the kids |
| <input type="checkbox"/> More work gets done during the day | <input type="checkbox"/> That my friends say I walk too fast |
| <input type="checkbox"/> Patient with my kids or family | <input type="checkbox"/> Good in my workout clothes |
| <input type="checkbox"/> More tolerant of people at work | <input type="checkbox"/> Like I belong in sporting goods stores |
| <input type="checkbox"/> Proud of myself | <input type="checkbox"/> That it's a lot easier to bend over and tie my workout shoes |
| <input type="checkbox"/> Confident that I can be consistent | <input type="checkbox"/> More in control of my life and time |
| <input type="checkbox"/> Sleep is better | <input type="checkbox"/> Sexier! |
| <input type="checkbox"/> Better when I wake up in the morning | |
| <input type="checkbox"/> My dreams aren't so crazy | |