

Riley Coady

Group Fitness Manager

ACSM Exercise Physiologist

Bachelor's Degree in Health Promotion from University of Iowa
Exercise Physiologist
Certified Health and Education Specialist
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My hobbies include hiking, Biking and doing anything active outside. I also enjoy listening to live music!

mo·ti·va·tion (noun) is the reason(s) one has for acting or behaving in a particular way.

Motivation is skin deep. It feels good, looks good, is nice to have when it's there. Reasons to do something or NOT do something can easily change and our behavior quickly follows. Think about the times you had great intentions and motivation to go to the gym, then 30 minutes later you had all the reasons in the world to stay home and snuggle in. I've been there! Did those reasons seem valid at that time? Absolutely! Did I feel bad later that day for not doing something? Absolutely.

Here's the key – Figure out your “why” and your “how” will follow. Identifying a purpose will get you to your finish line every.single.time!