



Encouragement and Motivation

Everyone gets excited in that moment of signing up for the Tour de Cure. How could you not? You are doing well for yourself, and supporting the mission of the American Diabetes Association at the same time. But the real trick is keeping that excitement all the way from signing up to the day of the ride. Here are some tips to help you along when training gets tough or excitement wanes:

- Create a training plan and commit to it.
 - A training plan is like a contract with yourself, assuring that you will be well prepared to accomplish your goal.
 - Make sure your goal is reasonable and that you have time to train for it.
 - Stick to your plan as much as possible, but understand that sometimes life will get in the way. And that is ok.
- Sometimes life needs little rewards.
 - Big accomplishments deserve a reward. If you've just completed your longest ride ever, get out for dinner at your favorite place.
 - Remember the way you feel when you've accomplished something big. Store that memory away and use it for motivation on a day when you just don't feel like riding.
- Find a group or buddy to ride and train with.
 - Doing the Tour de Cure as a family or with a significant other will provide great support for training.
 - Contact the ADA about putting you in touch with someone to train with.
- Plan ahead and visualize your successes.
 - Get out your workout clothes the night before your training ride.
 - Think forward to the day of the Tour de Cure and the joy you'll feel being cheered across the line.
 - Use a mantra, a statement or slogan repeated to aid in concentration. Effective examples might be, "I am doing this for me", or "Making it happen, no matter what".

Exercise and training for a ride like the Tour de Cure will always present some challenges. Use these tips to help motivate yourself to be your best and fully enjoy the day of the ride.

You should talk to your doctor before beginning any new exercise program.