

SERVING Inspiration

To achieve the best fitness results, finding motivation is key.
NATHAN & GISELLE MARTIN report



Inspiration is the process of being mentally stimulated to do or feel something - and it is something every tennis player needs. Inspiration keeps us going. It provides the fire to get back on the practice court after a loss, encouraging us to get better and improve from setbacks.

Everyone seeks inspiration from different places. It might be a partner, child or friends that inspires a tennis player to work hard, or fellow athletes and

sporting teams. Even off-court pursuits can provide extra inspiration, as Roger Federer proved in 2018 when his goal was to help one million children in Africa through his charity work.

Setting goals makes inspiration clear - providing extra motivation for athletes has the added benefit of encouraging a healthier mental state too.

As tennis fitness trainers, we get inspired seeing our athletes achieve

their goal. Setting programs and motivating people to reach their physical best, no matter their age or tennis level, inspires us to be creative, evolve and push ourselves too. Realistic goals are important to push athletes to their limit, as is celebrating these goals when they are achieved. This cycle builds a mentally positive player who is resilient and goal focused.

Remember where your focus goes, energy flows.

Programming is an area where many players let themselves down. They should follow a training system specific

for tennis and be consistent. If their training regime is not inspiring them to become better athletes, they need to reevaluate. Athletes should question themselves - how inspired are you? What are you doing to inspire yourself? How better will you feel, play and train if you were more inspired? Find inspiration and your fitness goals will be more achievable. **ATM**



STAR TRAINERS

NATHAN AND GISELLE MARTIN, of Tennis Fitness, have been in the health and fitness industry for 20 years. They travelled on the WTA Tour for numerous years and also worked at the Sanchez Casal Tennis Academy in Barcelona, Spain. They've worked with Sam Stosur, Svetlana Kuznetsova, Jennifer Capriati, Arantxa Sanchez Vicario, Monica Seles, Martina Navratilova, Casey Dellacqua and Lleyton Hewitt. For further information and for previous articles, visit tennisfitness.com.

TIPS TO GET INSPIRED

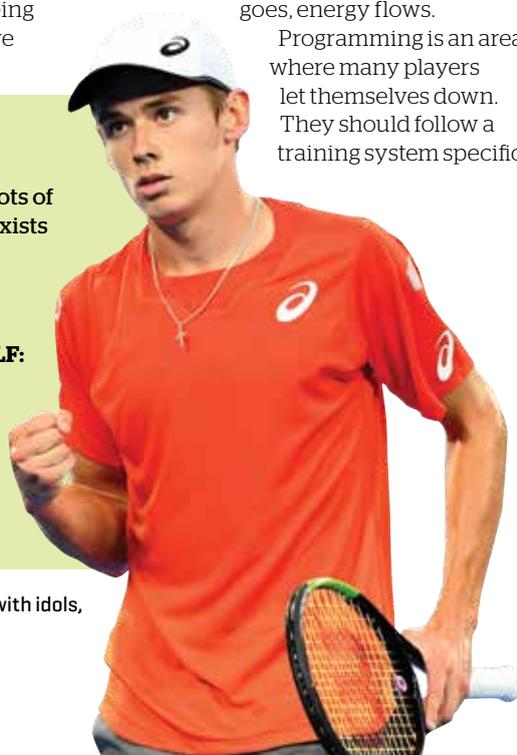
WATCH MATCHES: The world's best athletes set the benchmark. Make time to watch them compete and learn from their example.

CONNECT: If possible, spend time with the people you want to be like.

READ: Motivational books and autobiographies are valuable resources that can inspire readers.

FIND CONTENT: Lots of inspiring content exists online, including short videos and interviews.

INSPIRE YOURSELF: Set achievable goals and share them with others to help make yourself accountable.



INSPIRING: Alex de Minaur understands the value of connecting with idols, while Petra Kvitova provides inspiration with her determination.