

# HeadFIT

## 15 Minute Rule

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As a mother of three, it is important for me to keep myself fit. And not only that, because of the job role that I do as well being in the military, fitness is one of the things I've got to keep up with. Sometimes I don't like it. Once I'm in the gym and I look at the program and go, oh no, there's that uncomfortable piece of equipment that I need to do. I tell myself, 15 minutes, that's all I've got to do is 15 minutes. If I feel like I cannot go on. I can stop. Once I'm on it and you know I'm in the zone and away I go. I tend to lose track of time. It's something about giving myself the permission to start and then it frees me up. It's a simple trick. It really works.