



How to motivate yourself to More Exercise

PLEASE NOTE: If you are not currently exercising on a regular basis, please check with your physician before starting a new exercise program. This is especially important if you have had a recent injury, have a physical impairment, recent surgery, heart or lung disease, poor circulation, or other medical disease.

1. Think of the immediate benefits of exercise: improved mood and joy, increase in quality sleep, more energy overall, more confidence.
2. Think of the long-term benefits of exercise: better health, decreased risk of illness and disease, lose fat, gain strength and endurance, and increase your ability to enjoy hobbies, travel and sports.
3. Make it a fun experience: listen to music, do it with friends, dance, join a class, learn a new sport.
4. Change your perspective on who you are. You are an athlete, not a couch potato. Keep the image of an athlete in your mind as your new identity.
5. Recognize exercise as a priority and schedule regular workout times during the week.
6. Make exercise a non-negotiable habit, like brushing your teeth, and don't allow yourself to make excuses.
7. Meet a friend on a regular basis and hold each other accountable for showing up.
8. Use a fitness tracker to monitor your progress and set realistic goals.
9. The "I have no time" excuse doesn't work here. All you need is 10 minutes to get a legit workout in on a truly busy day - simply increase the intensity.