

# STAYING MOTIVATED!

## ONCE YOU ARE IN A WORKOUT ROUTINE, HOW DO YOU STAY MOTIVATED?

**SET GOALS** - SETTING GOALS WILL HELP YOU STAY FOCUSED. IF YOU ARE A RUNNER, MAYBE YOU WANT TO PARTICIPATE IN A 5 MILE CHARITY RUN. IN ORDER TO WORK YOUR WAY UP TO RUNNING 5 MILES, SET SMALLER WEEKLY GOALS. IF YOU ARE A LESS INTENSE EXERCISER, MAYBE THE GOAL IS TO WALK 20 MINUTES A DAY, FOUR TO FIVE DAYS A WEEK.

**MEET UP WITH A FRIEND** - IF YOU HAVE SOMEONE YOU ARE ACCOUNTABLE TO, YOU ARE MORE LIKELY TO STAY MOTIVATED AND ATTEND TO YOUR WORKOUT.

**CHANGE IT UP** - IF YOU ARE AN INTENSE RUNNER, GIVE YOURSELF A BREAK. TRY TO ADD SOMETHING DIFFERENT TO YOUR ROUTINE.

**WRITE IT DOWN** - TRY JOURNALING YOUR ROUTINE, GOALS, AND HABITS. WHEN YOU PHYSICALLY SEE WHAT YOU HAVE DONE, YOU ARE MORE LIKELY TO CONTINUE AND PUSH YOURSELF TO THE NEXT LEVEL.

**CHANGE YOUR MIND** - IF YOU ARE STARTING TO HATE YOUR USUAL 5 MILE RUN, TRY SWIMMING OR BIKING FOR THE DAY.

**WHEN YOU'RE DONE, YOU'RE DONE** - IF YOU SET OUT TO RUN THE TREADMILL FOR A HALF AN HOUR, AND TWENTY MINUTES IN YOU ARE TIRED, STOP.

**FORGET IT** - THE "NO PAIN, NO GAIN" ADAGE ISN'T TRUE ANYMORE. YOU CAN GET A GREAT WORKOUT BY WALKING, SWIMMING, OR DANCING AMONG MANY OTHER, LESS PAINFUL ACTIVITIES.

**FEEL GOOD** - WHEN YOU FEEL GOOD, YOU ARE MORE LIKELY TO CONTINUE YOUR WORKOUT.

**REMEMBER** - YOUR ULTIMATE GOAL IS TO BE HAPPY AND HEALTHY!