Assess Yourself
Take this pre-exercise health assessment to give you an idea of what factors increase your risk for exercise related illness or injury. You can share these results and the recommended exercise program with your personal physician.

Take the barriers to exercise assessment to discover what specific obstacles are getting in the way of a consistent exercise habit. It assesses seven different areas of potential barriers and provides you with solutions to overcoming your specific challenges.

Find Your Why
Submitted by Jana Thompson, Undergraduate Admissions
With everything in life, figure out your “why.” Whether you are completing a task for work or gardening or painting the house, decide why you are doing that activity so that when you are confronted with a roadblock, you keep going. Decide why you need to exercise and stick to it. Write your “why” and tape it to the mirror as a daily reminder of the purpose for that morning jog. Post your “why” on the television screen when you feel compelled to watch another re-run instead of taking that bike ride. Your “why” should motivate you so much, that nothing will stop you from completing at least 30 minutes of exercise daily. When I look at pictures of family members who have passed due to health issues, that’s enough motivation for me to lace up my sneakers, grab my water, and head out for a run. Decide on your “why” and get active!

Enjoy It
Do what you enjoy. Have it be fun, not work – much easier. Exercise can be anything, it doesn’t have to be “running”.
Blake Ward, OIE

Join a beginner’s rec league for dancing, badminton, running, swimming or anything you think you might enjoy. Have a reward planned for AFTER your exercise to motivate you to get it done.
Tim Cigelske, Marketing and Communication

Having trouble finding something you enjoy?
Consider how you can change your attitude by finding ways to think about it positively. This Marquette employee has the right idea...

“I run in the morning along the Lake Michigan shore, just when the sun is coming up and the birds begin chipping. It is a wonderfully beautiful, peaceful time of the day. The time I spend running serves me twice. Not only do I fit in exercise; while running I often use the time to reflect upon my week.”
Marquette Employee
How Marquette Employees Find the Time

Schedule It
We make appointments for ourselves all of the time such as coming to class weekly to lecture – we’re always on time and we usually don’t miss a single lecture throughout the semester. We pick up our kids from school every day, and we (usually) never miss scheduled meetings. I look at exercise as an appointment with myself and while I do skip an occasional “appointment,” I really try to make sure I fulfill that almost sacred time that is mine and mine alone.

Robin Poedel, Nursing

Pick the Best Time of Day for You
Pick the time of day that exercise will best fit into your schedule, whether this is morning, your lunch break, after work, or in the evening. Whatever time you can consistently commit to is the best time for YOU to exercise! I love exercising in the morning and when I try to say “oh I’ll just exercise after work” it usually doesn’t happen.

Christy Lennon, Office of Research and Sponsored Programs

Exercise with a Friend
The thing that helps me the most is having someone to exercise with. I walk with a few friends each morning and we keep each other going and of course we solve all of the worlds problems while we are walking.

Vicki Trautschold, Office of the Registrar

Make it Family Time
Now that it is nice out, my husband and I take the double running or bike stroller out before dinner. Pushing half your weight up a hill is not easy but when you do get to run on your own it seems like your cheating.

Marquette Employee

Make it Natural
My method is making it seem natural. For me, I stay away from the gym. Instead walk or bike to where you need to go; the store, work, friends house, or nowhere in particular. This is how I make it seem natural. It is also less expensive, great for the environment AND great for myself. Good begets good!!

Marquette Employee

Use Proper Shoes
Use a shoe that is appropriate to the activity that you will be doing.

Finding the Right Shoe
Starting a walking program
Selecting a Running Shoe

Warm up and Cool Down
Warming up prepares your body for aerobic activity. Choose a warm-up activity that uses the same muscles you'll use during your workout. For example, if you're going to take a brisk 30-minute walk, walk slowly for five to 10 minutes to warm up.

Immediately after your workout, take time to cool down. Cooling down is similar to warming up. After your workout, walk or continue your activity at a low intensity for five to 10 minutes. For example, after a 30-minute session of brisk walking, cool down by slowing your walking pace for five to 10 minutes.

Stay Hydrated
Keep fluids up and prevent dehydration by drinking water before during and after exercise.

Go here for tips on using sports drinks, carbohydrate gels, and energy bars.