

Stay Motivated to Move!

A routine is one of the best ways to stay motivated to exercise daily. Make these incentives a part of your routine.

- **Keep it simple.** Simply move! Find ways to move daily.
- **Keep it fun.** Think of moving as your time out, thinking time, recess.
- **Think small.** Every little step helps! Don't set the bar too high.
- **Make time.** Set work limits. Get out and walk!
- **Make every activity count.** Move briskly. Go faster or further to challenge yourself. Put extra effort into cleaning your floors, windows, laundry, etc. Read your mail while on a stationary cycle. Do abdominal crunches during TV commercials. Stretch while on the phone, or do step-ups for strong calves. Hand-deliver items at work.
- **Have a change of pace...vary the intensity of your workouts.** One day push yourself a little harder (pick up your pace), and the next day keep a brisk but comfortable pace. Changing the intensity gets you fitter, faster and improves your endurance.
- **Enjoy a change of space.** A change of scenery is inspiring. Enjoy a walking trail, bike path, park, scenic area, beautiful neighborhood, lake, school track, gym, spin class, water aerobics class, etc.
- **Keep it interesting.** Cross-train. Vary your activities. It's more fun, and you'll work different muscle groups.
- **Add pep to your step...**with daily walking anywhere, whether in the grocery store, to and from your car, etc.
- **Strength-train.** You'll feel toned and possess a new sense of inner and outer strength.
- **Step up!** Take the stairs everywhere! You burn 1 calorie per 5 steps. Fifteen steps make a staircase: That's 3 calories per staircase! Take stairs up and down four round-trips a day, and you'll lose 2.5 pounds a year.
- **Be comfortable.** Wear good walking shoes and loose clothing suitable for brisk walking or the activity you've chosen.
- **It's never too late.** At any age, fitness and strength are attainable. Many people are fitter at ages 50-70 than 20-40.
- **Fit activity into your life.** Do it with a friend for accountability. Join a club for social support.
- **Anticipate interruptions.** Vacations, weekends, business travel, visitors, holidays, sick days, extra hectic days. Don't let a few days "off track" turn into weeks. Try your back-up plan and get back on track ASAP. Don't get caught in the trap of negative self-talk ("I'm bad. I didn't exercise.") Just thinking about exercise is a step in the right direction.
- **Be creative and flexible.** Opportunities to move are everywhere!
- **Be sociable.** Join a friend or groups in classes/ on teams for fun activities. You'll be energized by social companionship.
- **Think "benefits."** Reflect on the rewards from being active.
- **Home exercise.** Buy a workout video—or, if you know you'll not use it for a catch-all—spring for a treadmill.



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