

12 Ways to Make Physical Activity More Routine

1. **Choose the right activity for you:** Different body types do better with different physical activities. Not every body is built for running, but every body can find a way to get fit.
2. **Choose the right time:** Some of us are naturally morning people. Others prefer to be active at the end of the day. Listen to when your body likes to move and it will be more fun.
3. **Choose the right goal:** Goals can motivate us, if we choose the right ones. Focus on what you want to do.
4. **Choose the right speed:** Some people like high-energy activities, like running. Others like something slower and calmer, like walking.



5. **Choose the right shoes:** Comfort is essential for physical activity. When your feet hurt, it makes activity hard to do. Choose shoes that fit well and that are right for your activity level.
6. **Make it fun:** When we enjoy an activity, we want to make it part of our day. The best activity is one that you enjoy, because you will be able to make it a regular routine.
7. **Make it easy:** Keep comfortable shoes by the door or in the car, so it's easy to take a walk. Set out comfy clothes the night before, so getting ready for activity is just routine.
8. **Make it simple:** Being active doesn't mean you have to join a gym. Walking is a great activity. Just get up and move.
9. **Have a routine:** Once we get into a new routine, it's easier to stick with it over time (and a new habit takes at least 21 days to establish).
10. **Do it with friends:** When we are active with someone else, it helps us get out. You can join a class together or just plan to meet for a neighborhood walk.
11. **Keep a record:** Research shows that self-monitoring is a key to a healthy weight. You can track your activity in different ways, like minutes per day or steps on a pedometer.
12. **Reward yourself:** Becoming more active is a gradual process. Just think how long you've been sitting around. Give yourself a big pat on the back for any increases in physical activity.