

# VitaMin



## Vital health information in a minute

### Eight ways to get hooked on exercise



You know that exercise is good for your health. But there's always an excuse for dodging it – you're too busy, too tired, or just plain bored with exercise. It's time for a fresh approach. With a little extra motivation, you can create an exercise routine that you'll feel good about. Try these tips.

- 1. Set one small goal.** Instead of this: "I'm going to exercise every day for an hour, count calories at every meal and lose 10 pounds in 30 days," start with one goal that's achievable. "I'm going to add 10 more minutes of exercise to my day." If you currently get no exercise, any improvement is a great start. Build on small successes by continuing to add more minutes to your exercise routine.
- 2. Sign up for a race.** You don't have to be a runner to enter a 5K race. These events are a great way to get motivated to exercise and have fun with family and friends. You can get ready for the race at your own pace. You might start by walking for 20 minutes and gradually increase the intensity of your workout to alternate jogging and walking.
- 3. Make an exercise pact.** Put your exercise plans in writing or post it on social media. It makes your commitment real, and people may even offer encouragement. Making a pact with a friend is even more powerful because there's someone to hold you accountable. Sign up for an exercise class together or schedule workouts on your calendar.
- 4. Exercise your own way.** You don't have to go to the gym to exercise. Find an activity you enjoy – such as tennis, golf, kayaking or hiking. Or, add more movement to your day by walking, taking the stairs or playing in the park with your kids.
- 5. Get inspired by others.** Read success stories and remind yourself that anything is possible. Make connections with people who encourage each other to exercise. Work with a personal trainer or join a running club for a boost of encouragement.
- 6. Focus on the benefits.** Getting regular exercise is one of the best things you can do for your health. It helps you feel good, control your weight, sleep better, fight disease and live longer.
- 7. Give yourself a pep talk.** Negative self-talk can derail your plan to exercise. Tell yourself, "I can do this" and replace worries and doubts with positive thoughts.
- 8. Reward yourself.** When you work hard and reach your goal, it's time to celebrate. Treat yourself to something special.

This is intended to be general health information and not medical advice or services. You should consult your doctor for medical advice or services, including seeking advice before undertaking a new diet or exercise program.



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