

## 12 Tips for Getting Motivated to Exercise

1. **FUN** If you choose fitness activities you really enjoy, you will more likely stick with them. Select activities that are at your level of conditioning. Treat yourself to the gear or apparel specific for those activities. Get into it!

2. **SOCIAL** Exercise with a friend. Time passes much more quickly with a companion. You and your friend can encourage and support one another. It's also fun to meet other people while exercising.

3. **REWARDS** Set a realistic goal for yourself and, when you achieve it, reward yourself with athletic gear, a massage, a healthy lunch. It is important to recognize your effort. Others begin to recognize it, too. You'll hear things like "Great to see you exercising!" or "Wow, where do you get all that energy?"

4. **VARIETY** Variety is the spice of life! There are many fitness activities to choose from. You can exercise outdoors or indoors; with others or by yourself; competitively or non-competitively. Don't just stick to one type - try out several.

5. **PACE** Avoid the tendency to do it fast. Slow, steady progress is best. The correct pace decreases chances of injury or other setbacks. Find an enjoyable pace that fits you.

6. **CONVENIENCE** Make it easy to do! If possible, exercise in your neighborhood or near it. Choose a time of day that is good for you. Plan ahead and schedule your fitness activities. Classes help structure your time and give fitness the priority it deserves.

7. **CHALLENGE** It is essential that you take on the right amount of challenge. If you choose an activity that is too much for you, you will probably get discouraged. If the activity is too slow, you will most likely get bored. If you enjoy the challenge of competition, make sure the competition is healthy. Get into the competition for the health of it, not just for the sake of winning.

8. **FEELING GOOD** Do you want to feel really good? A sure way to make it happen is to go out and exercise! Exercise guarantees that you will feel more relaxed, handle stress more effectively, and sleep better. Try it! Notice what happens to your outlook on life.

9. **EXPLORE** Go beyond your fear of the unknown. As we get older we tend to do fewer kinds of fitness activities. Read a book, take a class, try a new form of exercise. Ask a friend to introduce you to something you've never done before. Keep your interest up.

10. **PROGRESS** Feel good about your progress no matter how slow it may seem. If it takes you weeks to go from walking a 30-minute mile to walking a 20-minute mile, that's still progress. Chart the number of minutes it takes to walk, swim or bike that mile. Notice small stages of progress over time. Be gentle with yourself. Soon you'll notice changes in your energy level and the way your clothes fit. The rewards are great if you take one step at a time!

11. **LIFESTYLE** Find ways to integrate fitness into other parts of your life. Instead of sitting and talking, go for a "walk and talk". Rather than driving everywhere, walk or bike to the store, movies or lunch. Create ways to exercise at home: read while using the stationary bike; listen to music while on the rowing machine; do some stretching while watching TV. Use any opportunity to fit in more fitness.

12. **I WANT TO!** The best reason to exercise is because you WANT to. Making yourself exercise because "you really should" or because your spouse "thinks you ought to" will lead to failure. You will sabotage yourself by finding countless excuses: "I don't have time", "I'm too tired", "I don't have the right equipment". Focus on fitness activities you want to do. Remember, you deserve to take time to take good care of yourself. Start now!

**To order: F.I.T.ness Game: \$28.00**

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