

## **Ten Ways to Stay Motivated**

1. Create sure fire successes. Build momentum by starting with activities you can do and continually increase an aspect of your activity. Cultivate steps.
2. Schedule workouts. Prioritize times for movement, play, exercise, group activities, etc. Schedule workouts for the morning when energy is high and nothing is in the way. Mid-afternoon is great, by scheduling during your “sluggish time” you by-pass the afternoon energy dip.
4. Find personal measures of improvement. Notice time, intensity and distance improvements as well as attitude, mood and well-being changes.
5. Keep a journal for food and exercise. It is important to make connections between food, mood and energy levels. Food and exercise affect your body chemistry which can contribute to the decisions you make.
6. Cultivate a voice in your head that is supportive. Be your own best support.
7. Choose to do something most days. You are establishing consistency and commitment first. NO matter the time frame...2 minutes, 10 minutes, 30 minutes, it all counts.
8. Variety is a key component. Vary a routine as often as you feel works for you. Boredom is a sign to begin something new. Not only will variety keep your attention, it will entertain and challenge your body and your body will benefit from being challenged in many different ways.
9. Make your exercise fun, which might be intense challenges or slow building workouts. When you identify what works for you and play with your routine, exercise sessions become more attractive.
10. Use the buddy system and work with a partner, group or personal trainer. It is exciting and fun to exercise when you are well supported.

By Karen S. Danner