



## 20 WAYS to MOTIVATE yourself to EXERCISE!

We all struggle with exercise, regardless of how committed we are. There are simply days or periods of time when we find it difficult to stay motivated. These are the times when we must dig deep and find a way to re-ignite that motivational fire! Sometimes you just have to change your perspective, think differently, and view things from a different angle. Try these tips...

1. **How do you feel after a workout?** You know that great feeling you have after a good sweaty workout...yes! Think about how good you're going to feel next time.
2. **Imagine a new you.** Let the visualization of a slimmer, fitter body drive you to your next workout.
3. **Read blogs and magazines.** Reading about the journey of another person can help you learn from their experiences. Reading success stories will empower and inspire you.
4. **Forums.** Join a challenge or an on-line forum where you can check in daily and communicate with like minded people with similar goals.
5. **Rewards.** This works especially if you are new to exercise. Set targets and reward yourself often (sessions, days, weeks).
6. **Stress relief.** Exercise is a great way to work off life's stressors. Stop stressing about not exercising...and exercise.
7. **Time for YOU.** Make "you" time a priority and don't miss your exercise appointment. You spend so much time taking care of others, it's important to care for yourself too. Think of it as a mini-holiday from your daily responsibilities.
8. **Calories burned.** You know that the more you exercise, the more calories you burn, and the bigger your calorie deficit. Tada! Weight loss!
9. **Workout partner.** If you can't motivate yourself...a partner is sure to give you a push. You're more likely to keep a commitment to a friend. What are friends for, right?
10. **Hire a coach or a trainer.** Worth the money, just for the motivation. A professional can help get you started or back on track. Either way, there won't be much down time 😊
11. **An exercise class.** The energy in a group setting is a powerful motivator. Sample a new class. Make a date with your spouse or a friend and you'll be motivated to get there.

12. **Keep an exercise log.** Writing down your exercise sessions is important and can be a very useful tool. Do it for one week...you'll see.
13. **Take a before picture.** You often don't see how much you've progressed. Taking pictures will help you to see the changes and motivate you to keep going. Say "cheese" regularly.
14. **Sign up for a race.** Whether it's a 5K or a marathon, having a target date and an event to train for will help you stay on track and motivate you to stick with your program.
15. **The "yuck" factor.** Remember how yucky you feel when you don't exercise. Remind yourself of that when you feel tired or uninspired to exercise.
16. **Living long enough to see your grandkids...and play with them.** I don't think I need to add anything more to this one.
17. **The scale.** It's not motivating to weigh yourself every day as your weight fluctuates. Weigh yourself once a week instead. Combine the scale with the measuring tape for an accurate assessment of your body composition changes.
18. **Post it on social media.** Tell people about your weight loss and/or exercise goals, and report to them. You'll make it happen when you know people are paying attention.
19. **Motivational quotes.** Print them and put them in a prominent place. Subscribe to websites that email them to you daily. Think of those words as you make your way through your exercise session. Let them be the voice in your head to push you.
20. **Books.** Buy strength training books for motivation and new ideas. This can be a reward. Buy one for your workout partner too...you'll make his/her day.

**Whatever it is that motivates you to exercise, go after it.**

**...find inspiration**

**...get excited**

**...build anticipation**

**...stick with it!**