

Staying Motivated: Do What You Love



This week, we are focusing specifically on fitness goals. We all know physical exercise is good for us and that in order to live a long and healthy life, we must make the effort to be physically active for at least 30 minutes every day.

For some of us, our lives are so busy that it can be very difficult to see that goal as achievable or realistic given all the demands we already have on us every day.

Did you ever notice how easy it is to find time to do something you are looking forward to or that you enjoy doing? How many of us always make time to catch our favourite tv show each week? Use this same mentality about getting fit!

If you hate running, guess what? You don't have to do it! Perhaps you hate running but you really enjoy dancing? Sign up for a weekly class and then practice at home a few days a week! Dancing is a great full body workout and the best part of choosing something you love is that working out will never seem like a punishment.

As you get fitter, you may even find that the idea of running becomes more intriguing to you and with your increased fitness levels, you might actually enjoy running! The motivation comes from having success and once you achieve your goal (being physically active "x" times per week), you may find that you start looking to add some variety to your physical activity. Continuing to modify your goals and push yourself toward new ones will create ongoing motivation and keep you on the road to pursuing a healthier life.