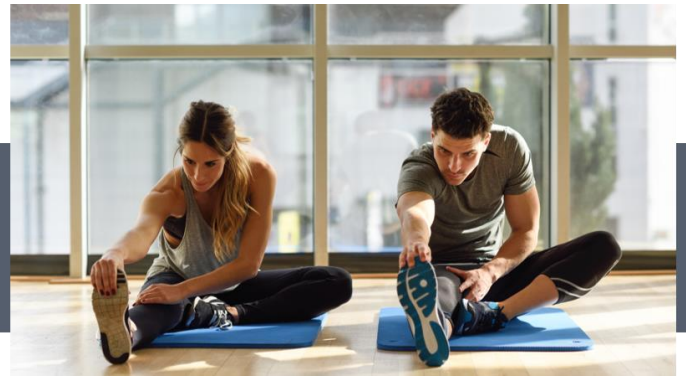


GRAB A FRIEND

why exercise is better with a buddy

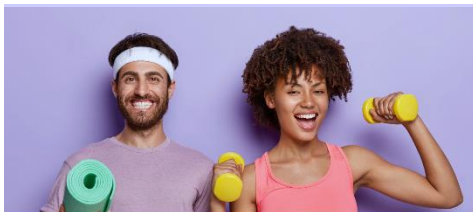


It's no surprise that working out with a partner is more fun. Having someone to chat and laugh with while you move helps make the time pass quickly. Before you know it, you've wrapped up your workout and you had a great time doing it! Research has shown that a workout buddy also increases the stress-reducing benefits of exercise and has a major influence on your exercise routine.

6 Reasons to Buddy Up!

MORE ACCOUNTABILITY

We're all guilty of skipping gym sessions – especially when it's a grey Monday morning – but if you know someone is counting on you, you're less likely to skip the workout or drop your effort. That extra level of accountability increases your odds of succeeding in your fitness goals.



Did you know that more than 40% of people drop a fitness class shortly after it begins if they attend on their own? But if they work out with a friend, the dropout rate decreases to 6%.

YOU'LL WORK HARDER

Friendly competition can be a great motivator. Most of us will work harder when paired up with a partner who offers us support, encouragement, and a bit of a challenge. One study found that working out with a friend can increase your workout time and intensity by as much as 200%!

ADDS VARIETY

It's easy to get bored or complacent with a routine. Having a partner can give you the confidence to try new workouts and equipment. Your buddy may also inspire you to try an activity that they love. Working out with someone with a different skill set and fitness level can open the door for many new workout routines.

STRONGER RELATIONSHIPS

Research shows that coordinated motion leads to feelings of connection and helps create stronger bonds within existing relationships. Studies also show that couples who exercise together regularly are happier in their relationship. Exercising with someone you don't know well is an opportunity to build a new friendship.

CELEBRATE TOGETHER

Research finds that the emotional support of someone you trust can be a powerful reinforcement for fitness goals. Your partner has an outside perspective and can sometimes notice strength or endurance improvements in you that you may overlook. Having someone there to celebrate your success is great too!

How to Pick the Right Partner

Choose someone who...

- ✓ Has similar workout interests.
- ✓ Shares similar fitness goals or motivators (competition, learning a new skill).
- ✓ Matches your style (likes talking while working out).
- ✓ Prefers exercising at the same time of day.
- ✓ Is reliable and accountable.

Buddy Tips

- ✓ REALLY commit to each other and your workouts.
- ✓ Check in between workouts, not just during them.
- ✓ Build consequences and rewards into the workouts.
- ✓ Push each other, but know when to back off. A quick chat before your workout can help set the tone and expectation.

Sources: www.sciencedaily.com/releases/2012/11/121126130938.htm | www.runtastic.com/blog/en/training-with-friends/ | Images by Freepik