

Q.

What can I do to motivate myself to exercise?

A.

If you're having trouble fitting in a workout or some form of physical activity, you're not alone.

About 71 percent of adults don't get enough exercise.¹

Here's what health experts recommend for exercise:²

- **At least 150 minutes of aerobic exercise a week.** Go for a walk. Ride a bike. Swim. Dance. Even yard work and housekeeping can elevate your heart rate to improve your health.
- **Resistance or strength training 2 days a week.** This will make your muscles strong, build endurance, and tone up your body. Examples include push-ups, weight lifting, or even carrying groceries.

Lack motivation to exercise? It's one of the top five most common barriers to being active.³ But it doesn't have to be that way.

Here are 7 simple ways to boost motivation to exercise

1. Get a training partner. It's easy to hit the snooze button or skip a workout if you're trying to exercise on your own. But research shows that people who train with a



partner complete an average of 56% more workouts that people who train alone.⁴

- 2. Track your activity.** Keep a journal. Record your workouts on a calendar. Or use a fitness tracking device or mobile app. Log your activity every day. It's a great way to measure your progress over time and stay motivated.
- 3. Use social media.** A recent study showed that being part of a positive online group can help you be more active than trying to do it alone.⁵ Share your progress to motivate others, too.
- 4. Take a fitness class.** You'll have fun. You'll make friends with people who have similar goals to help you stay motivated. And a 60-minute workout will go by in a flash.
- 5. Sign up for a challenge.** It's another great way to motivate yourself to exercise. Try a 30-day plank challenge or push-up challenge. Register for a race a few months away, and start training. Or sign up for an 8-week weight-loss challenge at your gym, and follow the program.

ASK THE *Wellness* DOCTOR

6. Change your routine. Tired of the same workout routine. Change it. Try cycling instead of running, or racquetball instead of swimming. Create a new walking route. Or change how long, how often, or how hard you do your current routine.

7. Work with a coach or trainer. If you haven't exercised in a while, or you're not sure where to start, work with a coach or trainer. In one 10-week study, researchers found that 60% percent of people who worked with a trainer made improvements in strength, endurance and body composition.

References

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