

# Find Your Motivation!

Are you constantly reminded about the benefits of staying physically active, but seem to have no motivation to get off the couch and go? Unfortunately it is all too easy to be a part of the no-workouts club, but there are ways to get around your lack of motivation. Try some or all of these tips to re-discover your get-up-and-go!



## Set a Goal

Setting a fitness goal can be a great way to motivate you because meeting that goal may be more important than making an excuse not to exercise. The key is to make those goals attainable and specific. If you have never been a runner before, do not expect to be able to run a marathon in a month! If running a 5K is your goal, break that up into smaller, more attainable segments.

Example: Week 1 & 2: run/walk 1 mile on Monday, Wednesday, and Friday. Week 3: run the whole time each time. Week 4: Run 1.5 miles on Monday, Wednesday, and Friday. Etc.

By breaking up your goal it will be easier to meet, and you will feel more motivated to continue when you meet each smaller goal!

## Be Realistic

It is easy to get ahead of yourself when starting fitness routine. However, going too-far too-fast will set you up for failure. Make sure you start slow and allow your body time to adjust to new exercises. For example, if you lift too much weight on the first day, you may be very sore and not as motivated to continue on the next day! Being sore can be good, but not if it provides an excuse not to work out!

In addition, try not to expect perfection from yourself. There will be times when you skip a day of working out, or an injury will prevent you from pushing harder. If you accept that there will be roadblocks, it will be easier to get 'get back on the wagon' afterwards. Another way that we tend to seek perfection is by comparing ourselves to others. Yes there may be people around who seem so muscular that they might be partially made of plastic- but that does not mean that you should expect to be them. The goal of physical activity is to improve health and overall

wellbeing, so use that as your motivation and don't beat yourself up if you don't immediately look like GI-Joe.

## Find a Time that Works!

One of the biggest hurdles to being physically active is finding a time to do so! This is another area where you have to be realistic with yourself. If your day is so busy that you don't even sit down until 8pm, then you may not want to make your workout time in the afternoon. Take a look at your schedule and set a time to work out that actually works for you – even if it means getting up one hour earlier (It's worth it to be active!). You can even write your work out times in your daily planner- making a 'date with yourself can help you stick to it!

## Make Fitness Fun!

Does the thought of sitting on a treadmill for 30 minutes put you to sleep? If so, that may not be the exercise for you. It is okay to be active in non-traditional ways! If you are simply not a 'gym person', pick your favorite outdoor activity for exercise. Doing activities that you enjoy will make you more likely to engage in physical activity. You can also try a new fitness class or DVD. Variation is a key to being motivated as well, and mixing up your activities will prevent you from getting bored with your exercise routine.

## Find a Fitness Buddy

This may be a fitness message that is often shared, but it is true! Finding someone to be active with will challenge you to be accountable for showing up. If your friend is going to a class at the gym, wouldn't you be more likely to go and spend time with them while being active? Also, some sports (like tennis, basketball, volleyball etc. are more fun with two or more players). If you have kids, you can make fitness a family affair. And the best part is that everyone can benefit from physical activity!

Now that you have some tools to stay motivated, go out there and be active! No excuses necessary!

Sources:

1. [www.mayoclinic.com](http://www.mayoclinic.com)
2. [www.webmd.com](http://www.webmd.com)

