

HOW TO GET STARTED AND BE MOTIVATED TO MOVE MORE



A lot of people will say they exercise because they want to lose weight or they want to feel better about themselves, etc. That is a very typical answer, but we need to dive deeper into what your why is, what is going to motivate you to make this a lifelong habit and not just a quick fix.

EXAMPLE: "I am motivated to exercise because I know what it feels like to be unhealthy because I was in a place where I wasn't healthy. I also want to set that example for my children. If I want them to be active and healthy, I need to be active and healthy."

THEN PUT THAT MOTIVATION INTO ACTION BY:



SCHEDULE A TIME TO EXERCISE

We complain and often use the excuse that we don't have time to exercise. Make it non negotiable; treat it like a meeting for your job, a class, an appointment, etc. Write down on paper or make a note in your phone when you will schedule it.

DO SOMETHING YOU ENJOY

People often look at going to gym, exercising, whatever you call it as a chore. Try different forms of exercise to see what is the best fit for you. Maybe you will like hiking, running, weights, dancing, different classes at the gym, etc.



MOVE MORE AT HOME

With our busy lifestyles we can find ways to get some extra movement while we are at home. Put in some extra effort when doing chores around the house, involve the whole family, get creative, have a dance party while preparing dinner, etc.

