

Transcript

In the first few days and weeks of beginning an exercise routine, you begin to notice the health benefits and just feel great. But as the weeks progress, you may start to feel your motivation slipping.

For many different reasons it may be difficult to keep exercise part of your daily routine. But exercise is for life. You won't see long-term results if you give up. So it is key to stay motivated.

First, take a look at your goals. Are they realistic and achievable? Or do they make you feel frustrated and overwhelmed? If you feel like you are not reaching your goals, it may be time to re-evaluate and change your plan. It's ok to make changes to your goals; especially if it helps you achieve them. But remember, even small victories are reason to feel good about yourself.

Next, are you having fun? It's important to choose an activity you enjoy because the more you enjoy it; the easier it will be to make it a routine.

Try listening to music or books on tape, or watching your favorite TV show while you exercise.

Maybe it's time to change where you exercise. If you usually walk on the treadmill, try walking in your neighborhood. Who knows? You may even walk a little further without realizing it.

Or maybe you need to change it up a bit. You wouldn't want to eat the same meal for dinner every night. Why would you want to do the same workout every day? Try introducing new types of exercise into your routine to beat the boredom.

Invite a friend or family member to exercise with you to encourage each other.

"I have a friend Larry. He has a Fitbit. And he sent me an email one day saying, 'let's have a challenge: how many steps we can do in a week.' So I kind of increased my steps."

The support from family and friends is great! But if you are still having a hard time, you may want to meet with a personal trainer or your healthcare provider. They can suggest ways to make your work-out less like work and more like fun.

Many people find it helpful to keep a log. You can keep a log on your computer, tablet or notepad. Keep track of when you were active, what you did, for how long, and how you felt afterward. This log will help you see your progress. And when you see how far you've come, you'll want to keep going.

Fitness trackers are also a great way to keep track of your successes. Many can send you alerts when you meet a personal goal, an excellent way to stay motivated.

"It's wonderful when it, when I get to 10,000 steps and it vibrates on my arm. It's like celebration time."

When you do reach a goal, reward yourself. Give yourself a healthy reward, like a new book or new running shoes.

And finally, be flexible. If you do miss your exercise session for any reason, don't think of it as a failure. Sometimes life does get in the way. Just get back to working out as soon as you can.

Exercise is good for you. But staying motivated can be difficult. Remember to: Take a look at your goals and make a change if you need to; make exercise fun; find support; track your activity; reward yourself; and be flexible. You are doing great things for your body and your health. Keep it up!