



Staying Motivated on Your Fitness Journey



Overview

One of the hardest parts of a fitness plan is staying motivated. If you lose your motivation, you can quickly get off track. And you may end up losing any gains you've made. Here are some tips to help you as you work toward your fitness goals.

Set Goals You Can Reach

First, set goals that you can actually achieve. If your goals are too difficult, you might get frustrated and give up. So start small. Then set bigger goals as your endurance and overall health improves.

Keep Track of Your Progress

Next, keep track of how you're doing. If you're a runner, for example, log the time and length of all of your runs. Over time, you'll likely see that you're running at a faster pace or for longer distances. Seeing a record of your progress can really make you feel good about yourself.

Reward Yourself for Success

And don't forget to reward yourself when you deserve it. When you reach a goal, do something nice for yourself. It could be anything that makes you happy, like buying new clothes or taking a trip. Even small rewards can be powerful motivators.

Change it up

Finally, if you're fighting boredom, change it up. If you tend to exercise alone, join a local group or a class for support. And try new things. If you've always been solely focused on swimming, for example, maybe try something you haven't done before, like rock climbing or ballroom dancing.

Conclusion

With these tips, you can stay motivated and make progress towards a healthier, happier you. Good luck on your fitness journey.