

MARK'S CORNER

MAKE EXERCISE A DAILY HABIT



Whether you're looking for motivation to start exercising, or are interested in changing up your current routine, here are 11 tips for making exercise a daily habit. Make a daily reminder to move your body on a regular basis and piece together your activity level from non-exercise movements to workout and gym routines. Incorporate these 11 movements.

PIECE YOUR WORKOUT TOGETHER

You don't need to get all your exercise at one time. Ten minutes morning, noon, and night can give much of the same benefit as 30 minutes all at once.

EXERCISE WITH A FRIEND

Finding a workout partner can help keep you on track and motivate you to get out the door.

KEEP IT BRISK

When you walk, make it brisk, since this may help control weight better than walking at a leisurely pace. What is brisk enough? Walk as though you are meeting someone for lunch and you are a little late.

INTEGRATING STRETCHING, WALKING, GARDENING, ETC. INTO YOUR DAY

The non exercise type things we do on a daily basis enhance your level of activity and movement that affect your caloric expenditure on top of your workout regimen.

MOVE YOUR FEET BEFORE YOU EAT

Hit the gym or go for a 20-minute walk with coworkers, and have lunch afterward.

TRY A PEDOMETER

Step-counters (pedometers) are an easy, inexpensive way to motivate yourself to be active. Work up to 10,000 steps per day.

TURN OFF TV, COMPUTER AND SMARTPHONE

Try to combine cardiovascular exercise with a sedentary activity that you already do. For example, try doing simple exercises while watching TV, or set a reminder at work to get up and walk a few minutes every hour.

TURN SIT TIME TO FIT TIME

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SIGN UP FOR A CLASS

Check out the fitness course schedule at your local gym or community center, or the dance or yoga class schedule at a nearby studio. You may find that having the structure of a class helps you learn a new activity and keeps you on track.

PLAN EXERCISE INTO YOUR DAY

Set aside a specific time in your schedule to exercise and put it in your planner.

REWARD YOURSELF

Set short-term goals—and reward yourself for achieving them. Try targeting a specific event, such as a road race or a walk-for-charity, to participate in—this can help keep you motivated.

