



10 Best Tips for Exercise Success

1. **Just get started.** This is the most important step. Just do ONE push-up, TEN jumping jacks, walk to the end of the driveway, or run in place for 30 secs. Almost anyone can do one or more of those things. Do a minimum of one of these everyday. Once you have started this **mini habit**, you can build on whatever you have started much more easily. But *getting started is the key*.
2. Park as far as you can from your destination building when you drive somewhere. Absolutely resist the urge to drive around to find the closest parking place, or worse yet, sit in your stopped car waiting for someone to finish loading their car and pull out so you can have their spot. Go ahead and take the spot that's 6 spaces further away.
3. If it doesn't challenge you, it doesn't change you.
4. Pick physical activities you enjoy if you find exercise "boring". Dancing, Tai chi, Yoga, Jazzercise, Zumba, Billy Banks, Pilates, Square Dancing, bouncing on a trampoline, playing tennis or racquetball, riding your bike, walking on the Prairie Path or other nature trail, hiking, rollerblading (wear pads and helmet). Make exercise more enjoyable by watching a movie or TV or reading a book on Kindle or your phone. I once climbed over 100 floors on the StairMaster one time because I was so into the book I was reading!
5. Exercise even when you don't feel like it, because bones and muscles were *made to move*. **If you only do things when you feel like doing them, you will never succeed.** But if you, for example, belong to a health club, and don't feel like going and doing anything strenuous, just tell yourself you are going to go and just sit on a recumbent bike and pedal slowly while reading a book or watching a movie. JUST SHOW UP, and once you are there, you will likely end up doing a lot more than you thought you would. I think it's true that *half of life is just showing up*. If you are sitting on the couch, and don't feel like getting off it, try applying the 5-Second Rule and like a rocket launch, count down out loud from 5, and at zero BLAST OFF the couch (or out of bed)!
6. Join a Health Club. Many are only \$10/month or 30 cents per day! Who can't afford that investment in their wellness? And yet they still have tons of machines and weights and floor space and mats to use. They also have regular classes of various kinds. Don't worry about the other people there judging you or looking at you. That's their problem. Don't allow others to negatively affect you.
7. Don't hurt yourself. Don't go crazy and start trying to lift a ton of weight. Don't bounce when you stretch. Use good form with all your exercises. Start with LIGHT weights and gradually increase.
8. Set some small goals for yourself at first, and then make bigger ones later, if you want.
9. Have an exercise accountability partner, and the two of you keep each other on track and motivated to keep going when one or the other is feeling lazy. Get other people to exercise with you. Walk together or bike together. I have a couple of guys that I go biking with sometimes. Or another example is my sister-in-law who used to meet her friend several times a week by walking to a point that was midway between their houses, chat for a bit, then walk back home. Her friend lived about 3 miles away. Caution: I do not recommend meeting at Dunkin Donuts. America does NOT run on Dunkin!
10. Set a goal to work out so many days, and when you reach your goal, then REWARD yourself somehow. Buy a gift for yourself, or a night out, or a massage, etc. Then KEEP GOING! DON'T QUIT!!

