

Tips To Help Make Exercise More Fun

When it comes to enjoying leisurely activities, exercise is often dropped to the bottom of the list. Not surprisingly, there are an astonishing number of people who don't reach the adequate amount of physical activity per week. Here are some tips on how to start finding joy in exercise.

GET A TRAINING PARTNER

Having a gym buddy will not only keep you more accountable, you'll also enjoy some social time with a friend as you exercise together. Sharing goals with a partner might be the push you need to reaching your fitness goal.

EASE UP

Running yourself too hard can often backfire. You might find yourself getting burnt out or, worse yet, injured. Rather, find your personal challenge level where you've had a great workout, but not to the point of absolute exhaustion. It is better to consistently undertrain than to overtrain at any point.

EXPERIMENT

Change up your program when you find yourself "going through the motions." Get around a plateau by asking a personal trainer to change up your routine or progress exercise to a higher degree of intensity to keep it fresh and enjoyable. If you look forward to a favorite activity, chances are you'll stick to it.

PLAY SOME MUSIC

Have you ever noticed how you can work out harder or longer with a favorite tune? It's not your imagination. Music has the ability to stimulate good feelings, relax the mind, and entertain us.

FOCUS ON SHORT-TERM SUCCESS

When you aren't seeing the results you want, it can be frustrating and you may find yourself avoiding exercise even more. Set some short-term goals or daily goals to ensure that you'll walk out feeling good about yourself. This will have a positive influence toward achieving your longer term goals. Some examples are: work on eight different strength training exercises, finish 30 minutes of cardio, hit a certain heart rate during your workout, or try a new exercise or Group Fitness class.

MIX IT UP

Instead of gravitating toward the same piece of cardio equipment or falling into the same strength program you've always done, try mixing it up to prevent boredom and monotony. Try a new Group Fitness class or join a small group training session to learn a few new moves and meet other people. Incorporate intervals into your treadmill or rowing machine workout. Interval training involves alternating high intensity bouts of exercise with recovery periods. It's an excellent way to burn more calories, build endurance, and keep your workout interesting. Always be sure to properly warm-up and cool-down before and after interval training.

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