

How to Get Out of a Workout Rut

by [LETA SHY](#)

Don't panic at the thought of getting back into a workout routine if you've been slacking off for a while. Start anew with these trainer tips for getting back into a healthy routine.

It's common sense: The thing about living healthfully is that a lot of it is just common sense, says celebrity trainer Harley Pasternak. When you can make a few healthy changes, do it. It doesn't take much thought to know that moving around burns more calories than sitting all day or that you can get your exercise for the day by walking to the store instead of driving.

Every little bit counts: Harley also says that remembering this can help you make the common-sense decision. Instead of thinking of exercise as a daunting, boring task, think of your goals in smaller increments. Every step you walk or healthy food choice helps you to your goal.

Don't overdo it: Going all out after not exercising for a while can take its toll on your mind as well as your body. To prevent injury and a discouraged feeling, start small and work your way up slowly when you're ready. "Take it slowly; bite off sizable aspects of your fitness routine that you can complete; don't underdo but don't overdo," celebrity trainer Gunnar Peterson tells us. "Overdoing it is going to kill it. You can't overhaul your entire fitness and health regimen in one day."

Make it realistic: Not only should you not overexert yourself when you first start, but you also shouldn't make goals that you know you can't meet. Make sure that you're not scheduling more than you can do when you first start a workout routine, and pick a time of day that you know you can stick to as well. "You find a time during the day when you can make your workout, because if you're fighting for time, that's always going to be the first thing that goes," Gunnar says. "You also have to add just enough [time to your workout] so that you can always maintain it and you never have to skip it."

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