

Learn to love exercise

We know exercise improves our health and well-being. So why do so many of us struggle to get and stay active?

Maybe we need to look at exercise in a different way. Look at it as something you want to do for yourself and not as a chore or something you have to do.

You can look forward to exercise, and even learn to love it, with these tips:

- **Think about who you are.** If you are social, look into group classes and activities. “Home bodies” might enjoy using exercise DVDs or online programs in their living room. If you enjoy nature, use your neighborhood or local walking paths to get fresh air. Sports fans might like to join a softball or soccer team.

- **Branch out.** Take a chance on a new activity such as dance classes, rock climbing or water aerobics. You may discover a new way to get exercise that is fun and exciting for you.

- **Be a kid again.** If you loved basketball, skating or swimming as a child, who says you can’t do it now? Look for local adult clubs or gatherings that include your favorite childhood activities.

- **Add variety.** Being bored with exercise will lower your motivation. Change things up, such as walking two days a week and an aerobics or swimming class on the weekend.

- **Find your rhythm.** Your favorite music can help you enjoy a walk, jog or weight lifting session. Load your favorite upbeat songs on a music player or smartphone and take it along for your workout. Be careful not to turn it up too loud. You still need to hear what is going on around you. And, prolonged use of headphones at high volumes can cause hearing loss.



Source: National Institutes of Health