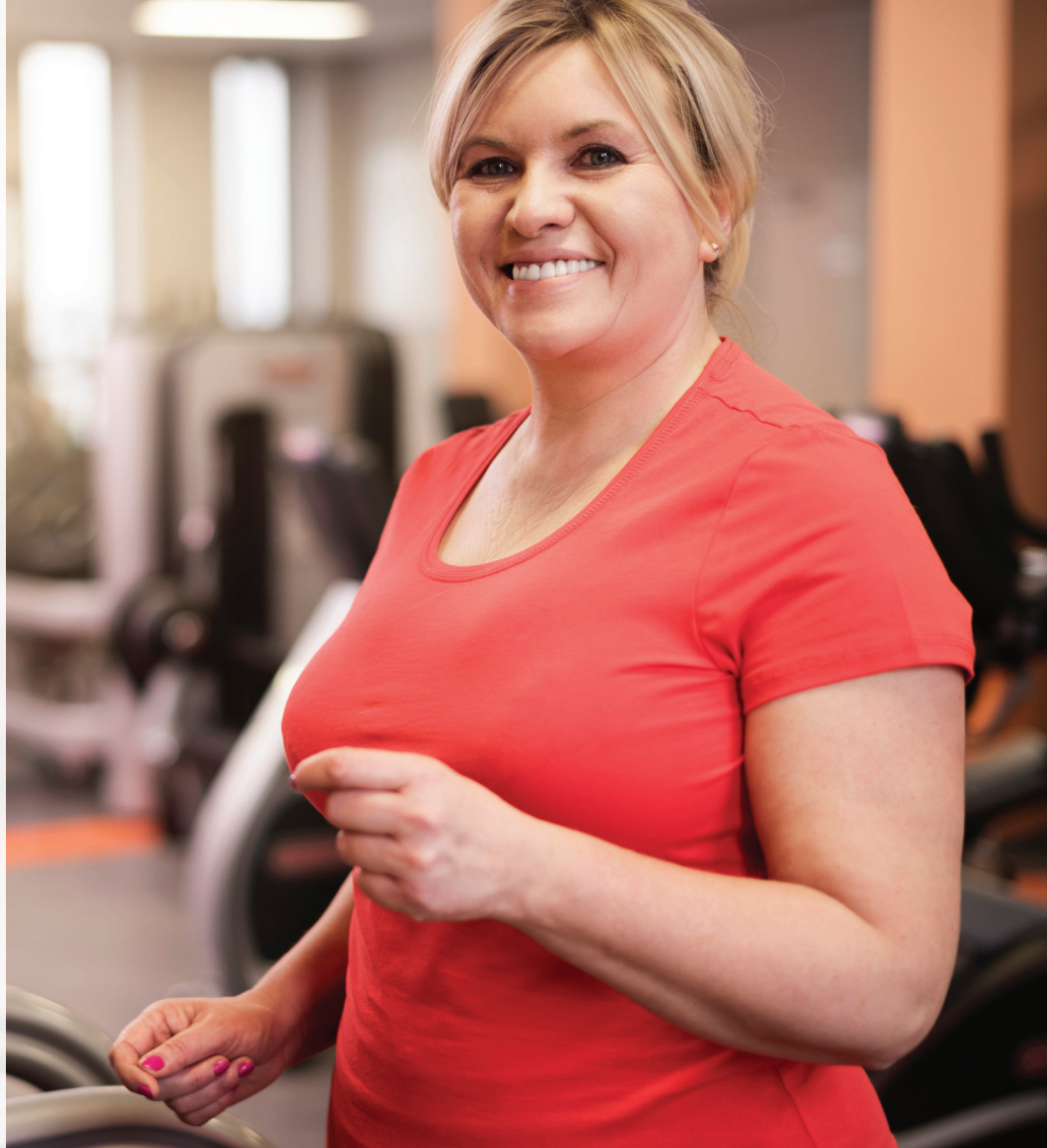


Be patient with exercise results

Getting started with an exercise plan is a big step toward a healthier life. But, sticking with that exercise program can be tough when you're not seeing results as quickly as you want. When many exercise plans promise fast, dramatic results, being patient can be frustrating.

Some people may find that they work hard but aren't seeing weight loss or feel like they aren't getting as fit as they want. This can lead to exercise burnout and quitting. Don't give up! Find ways to push through the tough times. If you keep it up, the benefits of exercise are worth the effort.



TIP #1: STEP OFF THE SCALE.

Although you may be losing some weight with exercise, it's not always obvious right away. This can happen when someone gains muscle, which weighs more than fat. Instead of worrying about a number, look at how your clothes are fitting or how you are feeling overall. Weigh yourself once a week to check in, but don't let it be the only way you are measuring your progress.

TIP #2: DON'T COMPARE.

People gain and lose weight in different ways and at different rates. A friend may drop pounds or get fit faster than you. That can be upsetting if you're working hard. Try not to worry about how much progress someone else has made. Focus on yourself and what you have accomplished each day.

TIP #3: TRACK PROGRESS.

Use a notebook or an app on your phone to record your positive changes, no matter how small. Perhaps you did two more pushups, or walked for 10 extra minutes. Maybe you felt more energy than usual today. Whatever it is, record it so you can go back and see all of the ways exercise is boosting your health.

TIP #4: BE MINDFUL OF YOUR DIET.

Exercise can increase your hunger. It can be easy to overeat after a workout and consume more calories than you burned. Prepare a healthy snack before you work out, such as a banana with peanut butter or yogurt and fresh fruit. Having something ready can reduce the chances of grabbing something quick but unhealthy.

You may not see "instant" results from exercise. But, believe that you are doing something great for your body. With time, you will improve your health and well-being.