

Lost your motivation for exercising?



- Keep your sneakers by the door and ready to go.
- Walk/run to the beat of your favorite Christian music.
- Choose a nice setting & take time to look around at the beauty around you.
- Plan a specific time and use your walk time for prayer and praise.
- Get a smart watch that tracks your steps and activities.
- Give yourself a pep talk (encourage yourself to go for a walk, run, or work out. Think about how great you will feel afterward!)
- Invite a friend or family member to join you (accountability)

**TIPS TO KEEP
YOU MOTIVATED**

Vacations, life events, holidays, kids' activities, and sickness can come along and throw you off course from staying active or put a wrench in your exercise routine.



However, there are ways to get yourself back on track. Remember, to get the most out of exercise and physical activity, you need to make it a regular part of your life.

Getting Back on Track Tips

Temporary Situation

On Vacation:

- Hotels usually have fitness centers. Bring along your exercise clothing or equipment (resistance band, swimsuit, or walking shoes).
- Get out and see the sights on foot rather than driving on a tour bus.

Caring for an ill family member is taking up a lot of your time:

- Work out to exercise videos when the family member is napping. YouTube has a host of exercise videos. No YouTube? Play upbeat music and dance for 15 minutes.
- Ask another family member to come over so you can go for a walk.

The flu keeps you out of action for weeks:

- Wait until you feel better and then start your activity again.
- Gradually build back up to your previous level of activity and be patient with yourself.

Permanent Situation

Your exercise buddy moves away:

- Ask another friend to go with you on your daily walk.
- Invite a neighbor you have been meaning to get to know to join you on a walk or bike ride.
- Join an exercise class at your local community center.

You move to a new community:

- Check out the fitness centers, parks, hiking trails, churches and recreation centers in your area. Look for activities that match your interests and abilities.
- Get involved!

You are recovering from hip or back surgery:

- Talk with your doctor about specific exercises and activities you can do safely when you're feeling better.
- Start slowly and gradually build up your activities as you become stronger.



Test Your Exercise Intensity

When you're being active, try talking:

- If you're breathing hard but can still have a conversation easily, it's **moderate-intensity activity**.
- If you can only say a few words before you have to take a breath, it's **vigorous-intensity activity**.

<https://www.nia.nih.gov/health/four-types-exercise-can-improve-your-health-and-physical-ability>

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My Active Health



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