3 Ways to Keep Your Commitment to Working Out

1. Feeling Competent: that feeling of “knowing what you are doing” when working out will help you keep at it. We all enjoy things that we excel at and working out is no exception.

2. Feeling Connected to others: having a gym/workout buddy helps to stick with it because the commitment to someone other than yourself is there. Also just feeling a camaraderie with other gym goers or fellow fitness class participants will keep you returning so that you can have social interactions with them.

3. Gaining a Sense of Independence: because working out is your choice and not because you are forced to you are more likely to stick with it.

Source: http://www.womenshealthmag.com/fitness/how-to-stick-to-your-exercise-plan?cm_mmc=twitter--womenshealth--content-fitness--howtosticktoyourworkout