Rec tip of the Week: Jan 8, 2014

Commit to 15 minutes of Exercise on your worst days!

Studies suggest that forcing yourself to workout for just 15 minutes on days you do not feel like it often results in people exercising for longer. It is typically those first 15 minutes that are the hardest to get motivated for. Next time you are struggling for motivation to workout just tell yourself you will try to complete 15 minutes and then you can stop after that if you do not feel like continuing. Chances are you will workout even longer!!