

REC TIP OF THE WEEK- April 1, 2013

Choosing Exercise that you Enjoy

The key to developing a life-long exercise regime that works for you is to find something that you will enjoy and look forward to doing. Choosing activities that you enjoy will increase the likelihood that you will stick with your exercise program. Ask yourself – what did you like to do as a child? Think about your personality. Would you prefer to do something alone, with a friend, in a group, in a class with a leader or with a trainer? What are some activities that you might enjoy now?

Keep in mind that exercising the same way every day can not only become monotonous, but it can increase the risk of injury and will restrict the benefits you obtain from exercise. An alternative exercise will add variety, and by working different muscles on different days you will help reduce risk of injury.

Start small, but start today

Finding a physical activity you enjoy, and that is easy to build into your regular routine, is really important if you are going to stick at it. Choose types of exercise that need minimal equipment, no specific venue, minimal or no ongoing costs, and no other team members - makes them easy to do spontaneously. Brisk walking is a good example.

Questions to consider when devising a plan are the following:

- Was there a time when you engaged in regular physical activity?
- Think about that place in time. Share the story of that time.
- What allowed this to happen?
- What did you enjoy about this? How did you feel?
- In what way would you benefit if you were to be more active now?
- What would have to happen/change in order for this to happen today?
- What one, small first step would you be willing to commit to this week to move you toward your goal?