

# HEALTHFUL TIPS

## Fitness for Life

**U**nless you are one of those rare individuals who have a very physically active job, you need to find a way to move more to be healthy. That investment of time and effort in physical activity has major payoffs for your health and well-being. It helps you reach and maintain a healthy weight, stave off a multitude of diseases, and brighten up your outlook. With the winter doldrums in full force, here is a little inspiration to help you start or keep up your fitness routine.

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Feeling tired? Low intensity exercise gives you more energy than not exercising at all.

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Set a target for a specific number of weekly workouts and then schedule them just like you would any appointment.

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Short bursts of exercise are just as helpful as longer exercise sessions. If you can't fit in a 30 minute workout, do 15 minutes before work and 15 minutes after work.

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Set goals that are realistic. Just try to do a little more than the week before.

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Find something that you enjoy doing. Walk with a friend. Join a class. Join a team.

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Just like brushing your teeth and taking a shower, make exercise part of your daily routine. It can be walking on the treadmill (or around the neighborhood) first thing in the morning or pedaling a stationary bike in the evening while you're watching TV. Find something that works for you and stick with it.

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Recording your efforts can help you work toward your goals and show you the progress that you're making. You may want to track pounds and inches lost as well as time spent or steps taken.

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Join forces. It's more fun to exercise with others. If that isn't practical, you can set up virtual competitions on sites like fitbit.com. There, you and your friends can help support and motivate each other.

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Reward yourself while using the treadmill or stationary bike by allowing yourself your favorite TV show or a good book. After exercise, take a few moments to enjoy the good feelings that exercise gives you. External (non-food) rewards can be motivating too.

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Remember how good, less stressed, more energetic you feel after working out and let that motivate you.



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Count the calories burned during exercise.

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Visualize a slimmer, fitter, more energetic you.

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Read fitness magazines, books, or blogs for tips and inspiration.

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Use exercise time for thinking. Many problems can be worked out as you log the miles.

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A coach or trainer can help you get started and feeling comfortable with a new routine.

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Sign up for a 5K walk or race and you'll be motivated to train.