



7 tips to get motivated to work-out everyday

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Contemplation allows you the opportunity to find a reason to not exercise.

1. Exercise Early

Arise early to get your workout in so you are less likely to have plans come in between you getting your workout in. Didn't you ever hear the saying, "the early bird gets the 6 pack?" Okay I made that one up! Seriously, exercising early really does help to get you motivated to stay on track and in a regular routine. So if your schedule allows, exercise early. This tops my tips to get motivated to work out because I practice this everyday!

2. Dress in Your Fitness Gear

If you are debating on an afternoon exercise routine, stop debating, get your workout clothing and sneakers on so you can motivate yourself to get out the door. Contemplation allows you the opportunity to find a reason to not exercise. Cut the excuses and get working towards your fitness goals. You can do anything if you push yourself!

3. Post a Schedule in a Visible Area

If you post a fitness schedule in a main area this will be a constant reminder to stay on track. Make sure your schedule allows for 1-2 days rest so your muscle fiber can rebuild and you will have a chance to recover. Also this schedule should be an attainable program that you can stick with. Remember the overly ambitious exercisers usually do not stick with their program. So do what works best for you and your fitness level!

4. Make Non-negotiable Appointments

How often do you skip brushing your teeth? It doesn't happen, right? Why? Because you want to take care of your teeth since you will have them the rest of your life and have healthy hygiene. Treat your body in the same

fashion and get your workout 4-6 days a week. Make fitness part of your daily routine just like keeping your pearly white teeth clean!

5. Get New Fitness Wear

Okay this does not always work for everyone, but occasionally when I get a new workout outfit, boy do I feel motivated to exercise in it. If you get a new fitness top or shorts every so often this will help to motivate you. This is especially the case if your new outfit is in a smaller size from your hard earned fitness results. You do not have to break your budget, you can head to the clearance rack at your sporting goods stores and get some great buys!

6. Register for a Fitness Event

If you register for a biking, swimming, running or other fitness event, you will have extra motivation since you now have to train for something. Personally I think this will give you the extra drive you need. And when you complete the event you will have a new personal accomplishment! Pay it forward by inviting a friend to do the event together and raise money for a charity!

7. Make Fitness Part of Your Lifestyle

Recently my husband asked me to go on a date night and in my mind I envisioned a dream date of a long run followed by a shower then dinner. How great is it that my life is centered around being healthy? And as a fitness lover I hope to share my passion with others. Make fitness part of your lifestyle. This is a healthy habit that will reshape the way you view the world. I look at each day in a much more positive way and am thankful for my health everyday!