

Get Excited About Exercise

LEARN TO LOVE WORKING OUT
WITH A FEW SIMPLE MIND TRICKS.



“I can’t wait to work out!” If you can’t imagine these words ever coming out of your mouth (without sarcasm), prepare to shock yourself. With a few simple mind tricks and behavioral changes, you really can become one of those people who genuinely love to exercise.

Take the first step.

Find a workout you actually enjoy. If the thought of jogging for miles on a treadmill or fumbling your way through a step aerobics class makes you groan, don’t do it. Forcing yourself to stick with an activity you dread is a guaranteed motivation killer. Instead, ask yourself what you like to do, and try to figure out how you can incorporate exercise into that. For example, if you love to dance, consider signing up for Zumba classes. On the other hand, if you’re not blessed in the rhythm department—and you want a low-key workout—Pilates might be the perfect fit.

Dress for success.

Don’t reach for old tees and baggy sweats. Putting on real fitness clothes may inspire you to get moving. Wearing sporty clothes may help you feel like a pro at the gym—and if you’ve spent some cash on a workout wardrobe, you can’t let it sit unworn in a drawer, right?

Think small.

If your only fitness goal is to drop 20 pounds, you may be less likely to stick with your workout routine. But when you break your goal down into smaller, achievable challenges, like completing 10 push-ups or adding a half-mile to your walk, you may be more inspired to stay on track. Log your progress in an exercise journal: you’ll be able to see how far you’ve come in your fitness plan, and that ego boost can fire up your determination to keep moving.

Savor the afterglow.

Who doesn’t love that satisfying feeling that follows a great workout? And that happiness isn’t fleeting. Research from the University of Vermont revealed that the mood-boosting effects of exercise last for up to 12 hours. Even just 20 minutes of moderate activity can have a positive effect on your day.

Download energizing tunes.

The right music can help turn a slog of a sweat session into a high-octane workout. The result? You may end up exercising longer or more intensely than if you worked out in silence. Research conducted at Brunel University in London has found that exercising to music can significantly boost endurance.

Keep your eyes on the prizes.

To make exercise a habit you’ll stick with for life, think beyond its better-body benefits. Creating personally meaningful goals—like being a healthy role model for your kids or participating in fundraising walks for your favorite charity—can help you stay committed to your workout routine in the long term. Make a list of everything you want to achieve from exercising, and post it somewhere you can see it every day. The constant reminder can keep your motivation from going MIA.

