

Focusing on:

Motivation

Sticking with It

How to stay motivated

Congratulations, you have come a long way since the beginning of the program, now all that is really left is sticking with it. Incorporating walking and physical activity into your life is crucial. But, as you probably already know finding the time and motivation can prove to be a bit of a challenge. However, considering how far you've come, it would be a waste to just leave it all behind now. So, take note of the list of motivators below.

- **Find a buddy**—looking for extra motivation? Sometimes, teaming up with a like-minded partner can be just the thing.
- **Keep up with a log**—seeing your accomplishments on paper can be a great motivator.
- **Mix things up**—change the places where you walk to keep things interesting.
- **Remember your mother**—Mother Nature, that is. Pick up aluminum cans, wrappers, or bottles as you walk—knowing that you're helping keep the environment clean can be a great motivator.



- **Reward yourself**—it can be a nice dinner, a new pair of shoes, or a new outfit—whatever it may be, an incentive can be a great motivator.
- **Use your imagination**—visualize yourself being in shape and how it feels. Rather than focusing on feeling out of shape, picture yourself feeling energized after your workout.

Walking is the fastest growing fitness activity in America today. In fact, walkers currently outnumber runners five to one.

—*Too Busy to Exercise*, by Porter Shimer

Tips to Stay in the Mix

- **Make it a habit.** Turn your exercise routine into a habit—of course this won't happen overnight. But keep in mind, the more consistent you are from the start the more your workout will be fixed into your daily routine.
- **Pencil it in.** Already having a specific time set aside for your walk can help you keep up with your routine. Exercising when you "find the time" usually doesn't work and just leaves room for excuses. The key here is not to get sidetracked—stick with the time you've allotted for working out.
- **Don't get diverted.** Communicate your exercise time to others and don't let them persuade you to put off your workout. Ask them to respect your decision—better yet, ask them to join you.
- **Be prepared.** When you plan to exercise be sure to have everything you need ahead of time. For example, if you normally exercise after work make sure to bring your workout clothes so you can change before you leave your place of employment. Not being properly prepared just leaves room for more excuses not to exercise.



This Week's Challenge

Head for the hills. If you're getting comfortable with regular walking, find some hilly areas to tour on foot. Walking up inclined areas will burn more calories and raise your heart rate.

Five Questions

Here are five questions for you to consider as you progress through this campaign.

1. Have you shared your commitment with friends, family, and co-workers?
2. What exercise routines do your peers follow? Are they successful in their efforts?
3. Is there anyone you can encourage to become physically active? Would he/she like to exercise with you?
4. Do you see yourself exercising a year from now? Five years from now? Why or why not?
5. Do you share your struggles and triumphs with friends and family?