

Motivation to Exercise Secrets

Obesity plays a big role in our society today. Exercise and eating right are a way to fight obesity. But how do you motivate yourself to exercise? Let's face it; it isn't one of the most enjoyable things to do with our time.

And time is very important to us today. There never seems to be enough of it. So how do we get exercise motivation? Setting goals is the key to this process.

The first step in achieving exercise motivation is to decide what goals you want from yourself. Do you want to lose 10 pounds? 20 pounds? Or do you just want to tone your body?

The next question to ask yourself is what are you going to gain from these goals? If you like the answers you're getting from these questions, then you are half way to exercise motivation!

When setting goals for exercise motivation, try not to set them too high. Don't set a goal to lose 50 pounds, unless you can afford to lose 50 pounds! Don't set a goal to run 5 miles a day, if you have never run a mile before.

Be realistic in your goal setting. This is so important in this process. The goals have to be both possible and realistic for you to be able to achieve them.

After the goals are set, write down what steps you are going to have to take to reach these goals. For instance, do you need to stop eating dessert every night after dinner? Do you need to give up that second cappuccino in the mornings? Can you walk to work or lunch, instead of driving? Once you come up with a plan to change the way you do things, it will be easier to lose weight.

The next step is to be creative with your exercise routine. Getting on a treadmill in a lonely room isn't going to keep us motivated for very long. Maybe you need to put a television in the room with the treadmill. Or maybe find a route outdoors for your walk or run.

Commitment is the last and final stage to achieving exercise motivation. You have lost ten pounds and are starting to eat a healthier diet, now you have to commit to doing it. Make time every day and don't let temptations get in the way. It is all in the will power.

That is not to say that you can't reward yourself with a day off of exercise once in a while, or a piece of cake now and then. That is important also, but being consistent with your exercise routine is priority. It will soon become habitual to exercise. You have just replaced your bad habits with a good habit!

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About the Author

Peter Murphy is a peak performance expert. He recently produced a very popular free report that reveals how to crush procrastination and sustain lasting motivation. Apply now because it is available for a limited time only at: <http://www.secretsofmotivation.com/>