



When Motivation Is Lacking

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Exercise takes a great deal of self motivation. Days when you are busy or you are tired, or you just don't feel good make it seem almost impossible. We can think of thousands of reason not to exercise. But there are too many other reasons to exercise!

Here are some things that might help you stay motivated to exercise:

1. Focus on the benefit of exercise along with your personal reasons for exercising. You can't afford not to exercise!
2. Focus on how-studies show that even though most people understand the health benefits of exercise, too many never do it. Those who focus on how they are going to exercise often do a lot better. It is not enough to know you should exercise. You need to know how and form a plan and schedule that works for you.
3. Exercise first thing in the morning before the day catches up with you. There is nothing like starting the day with exercise, getting it done and out of the way and not having to think about it again! Besides you will feel great! Not a morning person? Try packing a gym bag when you leave for work and stopping at the gym on your way home from the office. Once you get home the likelihood of you leaving to go to the gym is slim to none. So do it before your evening home life.
4. Exercise with a friend. Statistics show that people who exercise with a friend are more consistent. It makes a difference having someone to help you stay motivated and make exercise more enjoyable. If you have scheduled a time to meet you won't want to disappoint your friend!

5. Hire a personal trainer. If money is not an issue many people find that hiring a personal trainer helps them stay on track. Trainers will work with you and will get you workouts that fit your schedule, level of health and personal goals.
6. Train for a local 5K or 10K run or walk. Or focus on any fitness related goal that will motivate you to get moving. Having something to work for makes it easier and gives you a reason to move!
7. Reward yourself. If a reward makes it easier to stay motivated to exercise then do it. Just make sure it is something healthy, not junk food! That will counteract the purpose. Try something like putting a dollar aside every time you exercise and buy yourself something nice at the end of the month.
8. Keep records. Buy a nice exercise log, use one online, or create your own. This will help you stay on track and give you insight as to how you are doing.
9. Make exercise as enjoyable as possible. Listen to your favorite music. Try a new exercise class at the YMCA. Exercise with a friend or your spouse. If you dread exercise chances are you won't do it no matter how good it is for you. So what sounds good to you right now? A brisk walk? Some water aerobics? The sofa doesn't count! See you out there.

Black Hills Health and Education Center is a medical wellness retreat offering wellness programs and lifestyle change in a beautiful setting of the Black Hills in South Dakota. BHHEC is unique in that it offers a Christian based lifestyle program that includes everything from lodging and meals, physicals and comprehensive blood work, to daily treatments, exercise sessions with a personal trainer in the gym, classes presented by physicians, the Dietician, the Fitness Director, and other staff, cooking classes, sightseeing tours (Mt. Rushmore, Crazy Horse, Custer State Park Wild Animal Game preserve) and aquatics classes at the lovely swim center in Rapid City. Also included are counselling and stress-relief classes.