Words About Wellness

10 Tips to Start an Exercise Routine and Make it a Habit

It can be hard to start an exercise routine regardless of whether it is January 1st or June 1st. What is the best way to get started?

1. **Start with small goals**—Any amount of exercise is better than none. Find a time that suits your schedule and start with 10 minutes and work your way up. All or nothing is the wrong attitude.
2. **Use a Smart Watch or Pedometer to track your steps each day.** Work your way up to 10,000 steps per day.
3. **Incorporate exercise into your usual routine**. Do exercises while watching TV or during commercials.
4. **Take the stairs** when you can to help keep your body moving.
5. **Increase the visibility of your decision to work out or not work out** –put your gym bag in your view (i.e. the kitchen or the living room). This makes it a more conscious decision.
6. **Keep at it.** It takes a month to build a habit.
7. **Sign up for a challenge or race.** Having a goal in mind helps you work towards something.
8. **Explore different types of exercise.** Find something you enjoy. Road Running, Trail Running, Weight lifting, Tae Kwon Do, Swimming, Volleyball, Ultimate Frisbee—There is something out there for everyone!
9. **Pencil (type) your exercise into your calendar.** Make it a non-negotiable! If it's on your calendar, you're less likely to make an excuse to not do it.
10. **Experiment with what time works best for you to exercise**. Don't rule out early morning routines. You may find that you have more energy working out despite the early morning wake up call.

References:

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