

Making Fitness Fun

Staying fit is vital for good health, yet it can be hard to stay motivated and make the time to exercise regularly. Here are some tips on how to keep the momentum going.

Make fitness fun

The best way to turn exercise into a part of your normal routine is to make it something you enjoy. [The 8 Colors of Fitness](#) quiz can help you discover the types of fitness activities that best match your personality.

Here are some more strategies to make fitness fun:

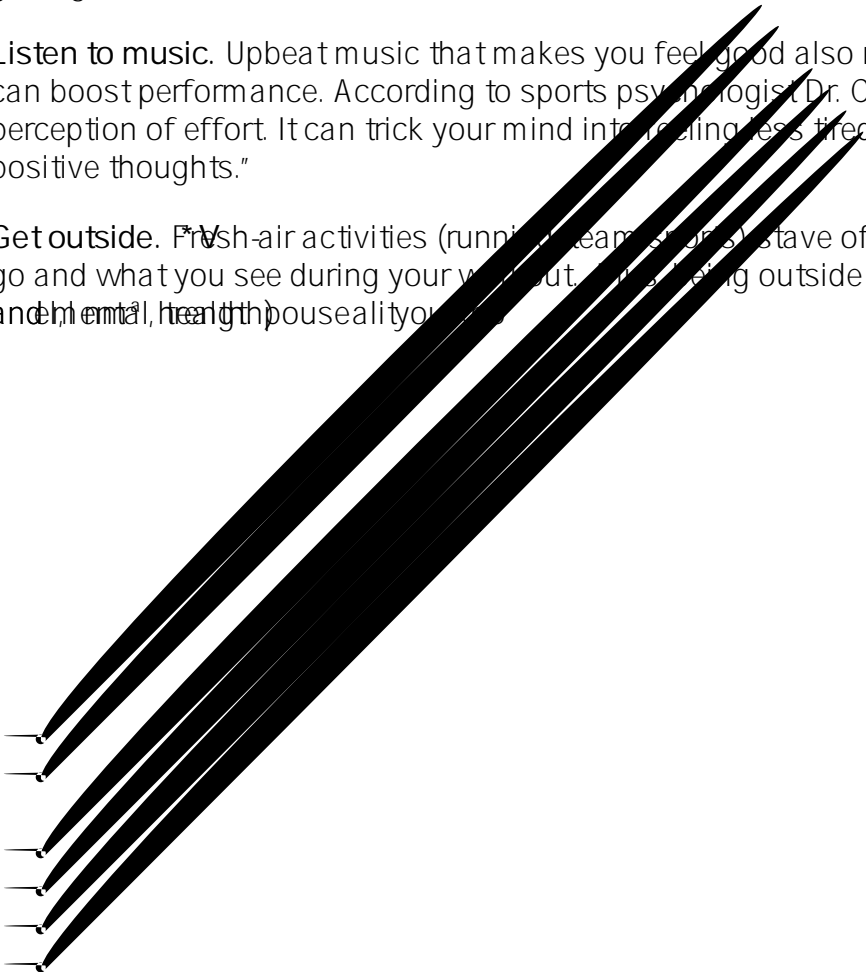
Buddy up. Workout with someone. Get someone to spend time with you—a friend, roommate, family member, partner, or spouse. This gives the activity a little of the social element that makes many things more enjoyable. If no one you know is available the same time you are, ask your current network of friends if they know someone looking for a fitness partner.

Make it a team effort. Take classes at a gym or participate in team sports to add a sense of accountability—especially if you have teammates depending on you. Seeing others making similar efforts and accomplishing goals can also provide motivation.

Cross-train. Learn a number of different workouts (both cardio and strength) and alternate for variety. It's healthy to do an assortment of activities and work different muscles, and it keeps exercise from getting monotonous.

Listen to music. Upbeat music that makes you feel good also makes workouts more fun. In fact, music can boost performance. According to sports psychologist Dr. Costas Karageorghis, "Music lowers your perception of effort. It can trick your mind into feeling less tired during a workout, and also encourage positive thoughts."

Get outside. Fresh-air activities (running, team sports) stave off boredom by adding variety to where you go and what you see during your workout. Plus, being outside can also improve brain function, mood, and mental health.



- local bike or hike clubs

Once you've found a group at your company or in your community, the following tips will help you get going:

Sign up. If you sign up, you'll be more motivated to follow through and meet the challenge.

Encourage co-workers or friends to sign up with you. Participating with people you know can give you a big mental boost toward following through and achieving your fitness goals.

Log your activity. Keep a record of your progress throughout the challenge so you can see how far you've come.

Stay positive if you fail to meet a particular fitness goal or if you progress more slowly than you'd hoped, don't give up. Instead, use it as additional motivation to keep going and as a clue to help you learn what you might have to change to move closer to the goal. Remember, putting in the effort and making it.