

# Getting Back to Exercise

Let's face it. Many of us use the holidays as an excuse to stop exercising. We're too busy, or too tired, and definitely unmotivated. If you have fallen off the exercise bandwagon, now is a great time to get back on it. That way you'll be in good shape to enjoy outdoor activities when spring rolls around again.

Keep in mind that roughly half of all people who start a fitness routine drop it within six months. Don't be one of them. Try these proven tips to stick with your routine:

1. **Write a realistic goal on your calendar each week.** Tracking goals helps maintain motivation.
2. **Keep an activity log.** Charting progress helps spur enthusiasm and success.
3. **Go at your own pace.** Start slow, start small, but start.
4. **Buddy up.** Commit to a friend for a routine time and activity.
5. **Body clocks vary.** Be sure you work out at the time of day that's best for you.
6. **Make it fun.** Add friends, family or a new class to the mix.
7. **Add variety.** Try new gym equipment or exercises.
8. **Tennis anyone?** Try a new sport, activity or martial art.
9. **Make it affordable.** Remember, many activities, like walking, are free.
10. **Plan for bad weather.** Have an indoor alternative.
11. **Save time with weights.** Gain strength in less time by lifting a somewhat heavier weight that fatigues a muscle group in just one set.
12. **From road weary to road warrior.** Business travelers, commit to a 20-minute hotel room routine— stretch, jog in place, then move to push-ups and sit-ups.
13. **Off day?** Simple stretches at your desk once every several hours will help.
14. **Take the stairs.** Sometimes, anytime or every time to help maintain fitness.
15. **Reward progress.** Treat yourself when you've met a fitness goal.

## Here when you need us.

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