

Exercise

How to Stay Motivated to Exercise

By [Paige Waehner](#) from About.com

If you're trying to lose weight or get in shape, you may find yourself losing interest a few weeks into your program. If you're struggling to stick with your weight loss or exercise program, read on to learn where the love has gone and how to get it back.

- [Get Real](#)

Most people fail at their fitness goals because they're waiting for something spectacular to happen. Losing weight isn't always a spectacular process...in fact; it isn't even a linear process sometimes. What you may find is that you lose a little, gain a little and repeat the process again and again.

There are no [shortcuts to weight loss](#) so, even if you're frustrated that your body hasn't changed, don't give up! If you're burning more calories than you eat, your body is changing, even if it's slower than you'd like. Make sure your goals are realistic and, most importantly, that you give your body the time it needs to respond to what you're doing.

[Setting Realistic Fitness Goals](#)

- [Get Pumped](#)

Maybe it'll be difficult to replicate the excitement you felt on January 1 when you were so ready to lose that weight or gain that muscle. But, you can get a little more fired up by going back to your original goal and remembering why you set it in the first place. What are you trying to accomplish? Remind yourself that what you do today has everything to do with where you'll be in 6 months.

- [Reward Yourself](#)

It's surprisingly easy to get excited about exercise and it's called MASSAGE. There's nothing that feels better than finishing up a week's worth of workouts followed by a relaxing massage. Schedule one once a month, if you can or, if massages aren't your thing, try some other ideas:

- Buying new workout gear
- A weekend getaway
- A night chilling out with your favorite TV show
- A new book or song you've been wanting
- An MP3 player for your workouts
- [Get a Massage](#)

- [Exhaust Every Avenue](#)

Before you quit, try everything you can to stay on track. Instead of drifting away from exercise without acknowledging it, give yourself a minimum amount of exercise to get in each week. When you dip below that (or stop altogether), promise yourself you'll try other things before you quit altogether:

- [Hire a personal trainer](#) or work with one [online](#)
- Find a workout buddy
- Join a fitness group or gym
- Try a new way of exercising - a video, a class, a sport, etc.
- Sometimes you just need something new and fun to keep you going. Visit my [Workout Center](#) for new ideas on strength, flexibility and cardio workouts.

- [Stop Waiting for a Miracle](#)

Some people think if they exercise long enough, they'll wake up one day and suddenly LOVE exercising and eating healthy. While it does get easier, you'll always have to find ways to motivate yourself for your workouts. If you're waiting for a shining moment of excitement, you might be waiting for a long time. Instead, make it happen with these resources:

- [Enjoying Exercise & Healthy Eating](#)
- [Getting Motivated to Exercise](#)
- [Couch Potatoes, Unite!](#)
- [5 Ways to Stick with Your Exercise Goals](#)

- [Lose the Excuses](#)

Every day is different. What motivated you yesterday may not work today, so sift through what inspires you to find that one thing that will get you out the door. It may be pants you want to fit into or competing with your friend (he's working out--you don't want to fall behind, do you?). Work through all the reasons you should workout until you find the one that works today. Some ideas:

- I'll feel good about myself if I finish my workout

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- I'll just warm up and, if I want to stop, I can
- I'm going to dinner tonight, so I know I need this workout to balance my calories
- This workout will give me more energy for the rest of my day
- If I finish this workout, I can spend some time reading, watching TV or playing around on the computer

- [Open Your Mind](#)

Being bored is the perfect time to try something new. You'll be more willing to try things you may have dismissed because they didn't fit within your definition of exercise. It could be bellydancing, a latin dance class or that spinning class at the gym. Or try something more mind/body like [Pilates](#) or [yoga](#).

If what you're doing isn't working, it's time to find something that will. Sometimes even just a new piece of equipment or a workout is enough to get you moving again:

- [Outdoor Circuit](#)
- [Foam Roller Workout](#)
- [BOSU Exercises](#)
- [Yoga on the Ball](#)

- [Track Your Progress](#)

One simple way to stay motivated is to look back on how far you've come. Keeping a simple calendar of the workouts you've done gives you something tangible you can happily flip through, adding up all the days you exercised. Plus, knowing you have to write your accomplishments down may give you that extra push you need to get moving.

Regularly weighing yourself, taking measurements, getting your body fat tested or even doing your own fitness and endurance tests can help you stay on track. This [Progress Chart](#) is a great way to track how you're doing.

- [Have Consequences](#)

If your child doesn't do his homework, there are consequences. The same should be true of sticking with exercise. If you don't do your workouts, there should be a consequence. Have someone hold you accountable or take away something you enjoy until you get back on track. Another idea is to think of the long-term consequences of not exercising:

- Gaining weight
- Feeling bad about yourself
- Possible health problems like diabetes or heart disease
- Lower quality of life
- Not being a good role model for your family
- Not being able to do all the things you enjoy