

Overview

Workout Smarter: 7 Tips for Getting (and Staying) Motivated



- **Before you start:** Talk with your doctor and assess your health to make sure you can exercise safely without causing injuries
- **Why exercise?** There are NUMEROUS benefits. Here are just a few:
 - reduce blood pressure
 - reduce risk of diseases
 - boost mood
 - enhance overall mood
 - build muscle tone
 - enhance self esteem
 - maintain healthy bones
 - enhance thinking
- **Aging & exercise.** You're never too old. In fact, exercise helps to keep your body and mind younger. There are many types of exercise you can do, even if you have pain or injuries.
- **Internal & external motivation.** Intrinsic motivation = fun, sense of challenge and personal improvement. Extrinsic = health, praise, tangible rewards.

7 Tips to becoming a motivation master

1. **Set SMART goals**
 - Specific. What do you plan to do?
 - Measurable. How will I know I am making progress?
 - Attainable. Do I have the time, money, energy to do this?
 - Realistic. Is this activity a priority, given my other commitments?
What will I give up to make time for it?
 - Timely. Is this a good time to start the activity?
2. **Persuasion.** Your thoughts and feelings influence what you do; it's not what you tell yourself about exercise, but how you say it.
3. **Manipulation.** Change your environment to increase motivation.
4. **Play.** Tap into what YOU like and will find fun or playful.
5. **Music.** Play songs that pump you up.
6. **Motto or Mantra.** Your thoughts influence your behavior; develop your own personal motto or mantra (positive self-talk) to keep you moving.
7. **Auto-Pilot.** Create a routine where all you think about is exercise; break down the big goal of a "workout" into smaller, do-able steps.