**One Step at a Time Challenge**

Ace Certified Personal Trainer

Redwood Area Community Center

507-644-2333

[pollybowen35@yahoo.com](mailto:pollybowen35@yahoo.com)

Motivation and Adherence

We all know that diet and exercise are good for us. Then why do people start and stop programs or do not engage at all? How does one keep motivated and accountable for their behavior? Here are some tips that will help you stay the course:

Tips

1. Reevaluate your goals often – Remember from earlier post that

S M A R T goals should be used. Keep them visible daily.

1. Journal what you eat and your exercise workout -Motivation
2. After 4-6 weeks change your workout up – First it keeps you fresh and second your body will be challenged. Try something different – exercise classes, or a new activity
3. What are your barriers for not exercising? Tackle one problem at a time. Relapse happens it is a part of life but find a way to get back on track.
4. Find a workout buddy who may have similar goals as you. Social support is very important.
5. Make exercise accessible – tennis shoes, clothes in car or office
6. Find the time in your schedule and plan for exercise – bouts of 10 minutes 3 times a day is better than nothing.
7. Modify your program if you become ill or injured
8. Behavior change related to self efficacy – believe in yourself that you are capable of engaging in physical activity. Be a problem solver to be able to reach goals.
9. Create a positive climate of exercise program to continue
10. Don’t forget to reward yourself when you do achieve your goals
11. Being physically active needs to be a habit – replace less desirable behaviors for exercise
12. Take one day at a time – don’t forget to take a day off
13. Choose activities that you will enjoy – exercise with the family

You need to make exercise a part of your everyday life. After you reach your goals set new ones to keep your healthy behavior. If you reach your weight loss goal now is the time to maintain not gain back. Don’t put yourself through the yo-yo weight gains and losses. Never, never give up on yourself step back re-examine, work through the tough times, make it fun and always reward for achieved accomplishments.