



Keeping the Motivation

Vivian Plummer, PTA
Physical Therapist Assistant
Andover Physical Therapy

Well a new year is knocking on our door and another round of resolutions will follow. So we head to the gym the first day of the New Year. We have made the resolution to exercise; now how do we stay motivated? We know how good exercise is for us and one would think that would be enough. But then we get busy or go on vacation or get sick and then exercise gets put on the shelf only to be admired.

There are many ways we can keep ourselves motivated. Here are a few simple ways to do it:

Recruit reinforcements. Make sure your family knows that staying healthy and exercising is an important part of your life. Having a support from family friends or significant others will help you stick to your program.

Give yourself a reward. Make a contract with yourself that if you exercise a certain number of minutes per day, you get that dress or pair of exercise shoes you have been eyeing up. Incentives like these make it easier to keep at it knowing the prize at the end.

Don't make working out such a daunting task. You are not going to feel like running 5 miles every day, but tell yourself that you will run for 10 minutes and you will be surprised how you will want to keep going after the 10 minutes is up.

Simple changes in your approach to exercise will help you stay healthy and may even motivate others to follow your lead. Now get out there and exercise, that Coach purse is waiting!