

How To Motivate Patients To Exercise

- 1. Register for an Event or Set Specific Goals.** Walk: Walk-a-thons, specific distances; 1, 2 or 5 miles etc. Run: 5K, 10K, Half or Full Marathon. Hike: top of local mountain or complete a trail. Swim: Swim-a-thons or specific number of laps. Cycle: Road races or distance. Should set daily, weekly, monthly and/or annual goals.
- 2. Measure Your Distance:** Pedometer. Studies show wearing a pedometer increases your activity and weight loss. Set your step goal at 6,000-10,000 per day. Speed monitors, heart monitor watches - all make exercise more fun and give you a reason to exercise.
- 3. Journal.** Keep track of your exercise in minutes, steps, laps or mileage. Total each week to see your progress. Set a goal and you will find yourself exercising just to make those numbers add up.
- 4. Get a Workout Buddy.** You keep each other moving no matter what the weather or other excuses. The conversation, silly jokes and coffee afterwards are great ways to make even a blah workout a lot of fun.
- 5. Join a Walking, Cycling, Running or Swim Club.** Being the part of a club or organization makes exercise more fun. Clubs usually travel to events and train for them.
- 6. New Gear.** Having new equipment or clothes will make exercise more enjoyable.
- 7. Choose the Right Time.** What is the best time to exercise? To stay motivated, analyze your habits and choose the time that will work best on a daily basis.
- 8. Make Exercise a Part of Your Daily Life, But It Is Okay to Miss a Day.** Often people perceive exercise as a chore or punishment. It is something that should be as routine as showering or brushing your teeth. Sometimes you may skip a day for many reasons and that is fine, just start again tomorrow.

*Always consult with your doctor/chiropractor before starting any health related program.