



Question: What is the best form of exercise?

Answer: The one you will stick with.

This is not a joke! Sometimes the hardest thing about exercise is staying with it over the long term. Here are some ideas and findings from research about what seems to help people stay active.

A structured program of exercise seems to work better than an unstructured one.

Research shows that people enrolled in programs for exercise are more likely to continue than people who receive a recommendation to exercise but no program. Going it alone is especially hard to maintain. Sign up for a class or a team or a walking group, hire a personal trainer, or make a commitment to an exercise companion to walk or run together or carpool to the gym.

Have short term goals that you can realistically achieve, and when you achieve those goals, create new ones. The process of creating success through setting and achieving goals is a proven way to stay with your exercise plan. Also, setting new goals as you achieve earlier ones is a way to maintain your fitness. Over time, your body adjusts to your workout and you need to work harder or longer to keep your level of fitness.

Be positive. Picture yourself reaching your goal, crossing the finish line or swimming that mile or standing at the summit. A mental image of what you want to accomplish can help give you the energy you need to succeed.

Keep it interesting. If you are bored with your walk or exercise routine, do something different. Cross training, activities working different muscle groups, is another way to improve or maintain your fitness.

Move ahead. When you have a weekend when you are too busy to exercise, put it behind you and move on. Don't think of it as a setback. Maybe there is something you can learn from the experience that will help you the next time.

Track your fitness progress by writing down your time spent exercising or distance traveled, or by wearing a pedometer or step counter. Several studies have shown that wearing a pedometer all of the time is an effective way to increase physical activity. Keep increasing your number of steps or distance to get the most out of this approach.

Use the power of momentum. Momentum builds quickly and can lead to great results. Start a personal streak: How many weeks in a row can you complete three workouts? How many days in a row can you walk for 30 minutes? Your streak can help carry you to your goal! And the longer you go, the better your chances are of staying with it for the long term.

Try exercising outdoors. Some research suggests that, compared with exercising indoors, exercising in natural environments is associated with greater feelings of revitalization and positive engagement, decreases in tension, confusion, anger, and depression, and increased energy. Participants reported greater enjoyment and satisfaction with outdoor activity and declared a greater intent to repeat the activity at a later date.



TOP 20 *BEST* REASONS TO EXERCISE (OUT OF 1000)

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reprinted from www.fudiet.com.

Reason to exercise #593: Exercise removes you from the presence of people who annoy you for a good hour.

Reason to exercise #643: Exercise removes YOU from the presence of people YOU annoy for a good hour.

Reason to exercise #124: Tollhouse wants you to feel better about the “cookie dough incident” just as much as you do.

Reason to exercise #213: Because it puts the fad diet people out of business.

Reason to exercise #321: Brisk walking/running is good practice for the next time you need to get out of jam right quick.

Reason to exercise #560: Exercise gives you some good solid time to plan a strategy to get back at that son-of-a @#&!.

Reason to exercise #333: In the event you need an alibi you can say, “what?! I was out on my walk!,” and everyone will believe you.

Reason to exercise #756: Exercise opens up an entirely new wardrobe category and therefore reason to go SHOPPING.

Reason to exercise #299: Exercise is the only excuse to get out of a family gathering that receives an OH WOW! *“Gotta go train, I’m walking for cancer next week!”*

Reason to exercise #765: Walk/running races are a great way to build a t-shirt collection that you think you didn’t pay for.

Reason to exercise #32: Socially acceptable way to escape your children for an hour.

Reason to exercise #764: Because drug companies are counting on us NOT to.

Reason to exercise #12: Because gyms hope you sign up and then never go, so by going you just tick them off which is always fun.

Reason to exercise #423: Because all the cool kids are and back in the day that was reason enough for you to do MUCH stupider stuff.

Reason to exercise #901: Cure for PMS that doesn’t involve punching someone in the face.

Reason to exercise #233: Because Target sells thingys to hang your clothes on that are far cheaper than a treadmill.

Reason to exercise #716: Because Charlie Sheen does and look how much good it’s done him. (Perhaps not the best example).

Reason to exercise #671: Because your sofa called and said he’s feeling smothered lately.

Reason to exercise #211: Because all of life’s answers lie between the cracks in the pavement, as does the occasional spare change.

Reason to exercise #999: Because you can’t possibly come up with this many reasons not to.