

6 WAYS TO CONQUER YOUR FITNESS SCHEDULE



You're feeling super motivated to work out, then the week starts to get hectic and you're feeling the stress so you back on any workout plans. Make sticking to your fitness schedule easier with the tips below:

Recruit a partner for accountability: It's easier to make the choice of going to the gym when your friend is waiting on the corner outside, ready for spin class.

Make the routine convenient: It's easier to work out in your bedroom than it is to drive 20 minutes to the yoga studio. Often, great intentions turn into nothing when you have to expend a lot of energy just to get started

Pick something fun: It's easier to play a fun sport with your friends than it is to hit the elliptical for an hour all alone. Exercise does not have to be a chore or a dreaded task you force yourself to do. You'll look forward to working out, if you pick an activity you genuinely enjoy.

Prepare ahead of time: It's easier to work out when lay out your clothes, pack your gym bag, and prepare your pre-workout snacks ahead of time.

Say it out loud: It's easier to make the choice of working out when you've told everyone at the office you're going to than it is to endure the shame. Tell someone you know will ask you about it later. BONUS: your social circle is likely to give words of encouragement and support!

Make it straightforward: It's easier to get started when you have a straightforward plan. Have a specific idea of what you're going to do, prior to working out.

Sources: Move It Monday