

MOVE IT MONDAY! SM

Jump start your week!

The Center for Disease Control recommends 2 ½ hours of physical activity every week, but for many of us it's a challenge not only to start an exercise program but to keep it going. Research shows that more people start a new exercise routine on Monday than any other day. So join the movement and use Monday as the day you get active. Then commit to staying fit throughout the week.

Move It Monday is a campaign that can be used by businesses, schools and communities to encourage people to start the week by taking the stairs, going to the gym or doing a **Monday Mile** – and to commit to staying active throughout the week. The **Monday Mile** is a fun way to start your week with a healthy dose of physical activity. To check out how to get started go to <http://mondaymile.com/>

Regardless of what you choose for your exercise starting on a Monday may help you get going and keep going. Here are some additional tips to keep you motivated from the American Council on Exercise.

Vary your routine or change your scenery! A new variation on your favorite activity – power walking instead of running may be enough to revive a boring routine. If you've always exercised indoors, move your workout outside for a welcome change of scenery.

Try something entirely new! Make it something you never dreamed you'd do.

Find a workout buddy! Ask a friend to be your workout partner -- you won't skip a workout if someone is waiting for you.

Set a new goal! Working out to stay in shape is fine, but setting a goal -- such as finishing a 5k race -- will give your daily workouts more meaning.

Treat yourself to a workout gadget or accessory! Heart-rate monitors, pedometers and other exercise gadgets can make your workouts more fun and challenging.

Keep an exercise log to track your progress! If you are not sure you are making progress toward your goals, then start a workout log. It allows you to keep track of your goals, monitor your progress and adjust your routines as necessary.

Reward yourself! Reaching a fitness goal or milestone is a great excuse to treat yourself to something new.

Focus on how good exercise makes you look and feel! You know that incredibly satisfied and healthy feeling you get immediately after a workout? Remember it! And

use it to motivate yourself the next time you're thinking about blowing off that next workout!

If all else fails... take a break from exercise! Sometimes a lack of motivation is your body's way of telling you to take a break. If anything hurts, or if your energy is running low, take a break for a few days before resuming your workouts.

Don't berate yourself if you miss a workout! Life is full of obstacles. Unexpected appointments, illness and setbacks are bound to happen sooner or later. Don't let a few missed workouts turn into a month of unfulfilled resolutions. **Remember there is always Monday!**