

The Key to a Lifetime of Fitness is.....

CONSISTENCY!

Did you know it takes 21 days for an action to become a habit?!

Start today!

The key to a lifetime of fitness *is* consistency. Here are some tips to help make regular exercise a habit:

- Choose an activity you enjoy that fits your lifestyle.
- Set realistic goals, and tailor your program to your own fitness level.
- Give your body a chance to adjust to your new routine.
- Stay positive even though you may not see immediate results.
- Don't give up if you miss a day; just get back on track the next day.
- Find a partner for a little motivation and socialization (support from family and friends has been positively related to regular physical activity).
- Build some rest days into your exercise schedule.

Listen to your body. If you experience unusual symptoms (e.g., have difficulty breathing or experience faintness or prolonged weakness during or after exercise) consult your doctor.

Choosing more than one type of physical activity will give your body a thorough workout and help prevent boredom. You might want to choose one indoor exercise and one outdoor activity to allow for changes in your schedule or for bad weather.

