



## Motivation for Workouts

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Now that summer is coming to a close many of us will be getting less outdoor exercise. This is a good time of the year to plan the winter exercise program or to begin getting in shape for winter recreation. Here are some ideas to keep your workouts interesting:

- **Find an exercise partner** to make it more of a social occasion. A buddy can help keep you accountable to your program and motivate you to stick to it.
- **Buy a pass** to a recreational center, work out club, ski area, or class. A financial commitment with of at least two months will get you started. It takes two months for most people to establish an “exercise habit”.
- **Be realistic** about setting goals for your appearance. Unrealistic expectations turn into discouragement. Most of us will not be getting calls to appear on the cover of an outdoor magazine with our abdominal 6 pack showing. Exercise will make you perform, look, and feel better. The results take time.
- **Set a long term goal.** Knowing that you need to be in shape to do a future event will help keep you motivated each day. Do you want to Ride the Rockies in 2005, do a long hike, climb a fourteener, travel recreationally in a foreign country, run/walk the Bolder Boulder, do a hut trip, play tennis again, or ski harder terrain?
- **Remember the reasons** for working out. Is it endurance, strength, flexibility, back pain control, bone density, weight loss, lower blood pressure, a healthy heart, mood elevation, or diabetes control? Remembering your reasons for exercise will jog you back into motivation.
- **Reward yourself.** If you lose 5 pounds or perform better, celebrate. Set short term goals that are very realistic and measurable. Celebrate often!
- **Use variety** to increase interest and to challenge different muscle groups. The body accommodates to the same exercise done day after day. Vary your activities by mixing endurance, flexibility, and strength. Why not start something new like Yoga or a Pilates mat class?
- **Take at least one day off a week.** Over training can lead to injury and burnout.
- **Take lessons.** Improving your skiing form, working with a trainer to vary your workout, hiring a swimming coach, or improving your tennis swing will help you to perform better. We all are motivated by new accomplishments.

If you have an orthopedic problem such as chronic pain or osteoporosis, you may need professional help to maximize your program. The staff of **North Boulder Physical Therapy** works with **children, adults, and seniors** to get you started in a home fitness program designed for your health and safety. If you have questions, please call Debra Layne at **303-601-6666**.