

Reach your goals

12 ways to stay focused and motivated

1

Find a buddy

Looking for extra motivation? Sometimes, teaming up with a partner can be just the thing. Talk to your new exercise buddy about what your goals should be and then challenge each other to a friendly competition.

2

Track your progress

Seeing your accomplishments can be a great motivator. Consider using a fitness device or other online tools to record your information.

3

Mix things up

Add a little variety to your current exercise routine. Try changing the places where you walk to keep things interesting. Join a gym or buy exercise videos to prevent your routine from becoming monotonous and boring.

4

Reward yourself

An incentive can be a great motivator, whether it's a night out on the town or a new pair of shoes. Treat yourself for all your hard work. Don't forget to give yourself the recognition you deserve when you've accomplished your goals – go ahead and brag to your family and friends.

5

Use your imagination

Rather than focusing on feeling out of shape, picture yourself feeling energized after your workout. Always be aware of your goals and think about where you want to be in the future.

6

Pencil it in

Dedicating a specific time to be active can help you keep up with your routine. Exercising when you "find the time" usually doesn't work and leaves room for excuses.

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Make it a habit

Of course this won't happen overnight, but the more consistent you are from the start, the more likely you'll be to exercise on a regular basis in the future.

8

Have fun

One of the most important elements of an exercise routine is the "fun factor." If your workout involves something you enjoy, you will be much more likely to stick with it. Attitude is everything. If you think negatively about yourself or your routine, you're likely to go nowhere fast. Maintaining a positive outlook can help you overcome obstacles and ultimately achieve your goal.

9

Don't walk alone

After dinner, or sometime during the weekend, go for a walk with a family member or your entire family.

10

Don't be deterred

Communicate your exercise time to others and don't let them persuade you to put off your workout. Ask them to respect your decision.

11

Become a role model

Encourage others to join you in your efforts to lead a healthy lifestyle. People are more likely to start a program that has documented success. Learning of your achievements may be the motivation they need to get started.

12

Be prepared

When you plan to exercise, be sure to have everything you need ahead of time. For example, if you normally exercise after work, make sure to bring your workout clothes so you can change. Failing to prepare leaves room for excuses not to exercise.

Are you still struggling?
Ask yourself these questions:

1. *Have you shared your commitment with friends, family and co-workers?*
2. *What exercise routines do your peers follow? Are they successful?*
3. *Is there anyone you can encourage to become physically active? Would he/she like to exercise with you?*
4. *Do you see yourself exercising a year from now? Five years from now? Why or why not?*
5. *Do you share your struggles and triumphs with friends and family?*



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