

# **SPRING-Into-SHAPE-4 Tips for Finding Fitness Motivation**

## **1. Set Goals for Yourself**

The simple act of goal setting, determining what work needs to be done and thinking about where you would like to be in your fitness plan, can be very motivating. One great way to do this is, instead of setting one large goal that will be hard to attain, set smaller goals you can achieve along the way.

## **2. Make it Part of Your Daily Life**

If you make exercise a part of your daily routine, it will be much easier to stomach the workout. Incorporate easy workouts like light sunrise yoga, a quick morning jog or some squats when you get out of bed into your workday; this will make it easier to complete the task.

## **3. Reward Yourself**

Rewarding yourself after exercise, not with food, but with experiences and little things that make you happy, is a great way to trick your mind into enjoying the workout. Over time, this habit becomes second nature and your mind begins to feel rewarded simply by performing the behavior.

## **4. Make It Fun**

It is important to expose your body to a wide range of activities and experiences to create well-rounded muscles, and avoid injury and over-use.