



Setting Fitness Goals

How to set goals for exercise and fitness:

-Start small -Move more, sit less- NEAT -Make it fun! Yard work, walk the dog, park further away, housework, cooking

-SMART (specific, measurable, attainable, realistic, time-bound) goals:

Example: This week, I will move my body 3 times for 20 minutes. I will use exercise modalities such as walking, bodyweight movements and a yoga video.

-increase, push yourself, reevaluate and improve as you go!

-Setting goals and STICKING to them

-Find your why!

-Intrinsic versus extrinsic

-intrinsic- internal value in exercise- for example: "I want to enjoy playing with my children and grandchildren." "I have a job I love and I need energy to perform to the best of my ability. An exercise routine will allow me to do this."

-extrinsic- external value- "I will lose weight and look better." "My wife wants me to exercise."

-Recipe: Long term adherence to an enjoyable fitness routine:

1 scoop of enjoyable movement

1 dose of intrinsic motivation

a sprinkle of variety

a spoon of accountability

your reason WHY!!

Mix the above ingredients together for a fitness routine that works for you now, in a year and forever!

Enjoy yourself and move for life!