By Eric Appiah

KEYS TO EXERCISE SUCCESS
CHRISTMAS GIFT STORY
**EXERCISE**

- Great for us
- We all want to get in shape
- We all want to be healthy and live healthier lives
- It’s hard to start
- It’s easy to lose focus
- Barriers seem overwhelming
GET STARTED

- Get started with an activity that will work for you
- Make sure you are healthy enough to start
- Get through barriers that prevent us from exercising
- Find time
- Assess yourself
- Plan our exercise
PRE-EXERCISE HEALTH ASSESSMENT

- Will let you know if you are healthy enough to work out
- Will put you in a risk category so that you know which exercises to stay away from
- Will inform you if you need a physicians ok
‘BARRIERS TO EXERCISE’ ASSESSMENT TOOL

- Tool used to figure out what is keeping you from starting your workout routine.
- Studies show that there are 7 main barriers that prevent people from exercise
LACK OF TIME

- The #1 reason people don’t exercise
- We all have 24 hours in the day
- Don’t lie to yourselves about how busy you are, you just choose not to exercise.
- “I chose not to workout today”
- “absolutely, everything that I did today was a greater priority for me than getting some exercise"
LACK OF TIME

- To take power over your life you have to realize that life is all about making choices.
- If you are so busy during the week, pick one day to get in exercise and make the other two days during the weekend.
- Get your plan out of your head and into the physical world. SCHEDULE IT.
# Exercise Time Finder

Use this table to find places in your schedule you can fit in exercise. Fill in your typical week and take a look at blocks of time where exercise is an option.

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LACK OF ENERGY

- Difference between lack of energy from physical activity vs. emotional stress
- You can definitely be fatigued after work, and that is caused by emotional stress
- Choose exercise regardless of your emotional stress
- Don’t overdo it, keep some energy to enjoy the rest of the day
Finding the best time of the day to exercise
When do you have the most energy (AM, noon, PM)
AM- set workout schedule for morning before work
Noon- get a lunch time stroll or light workout in
PM- Schedule and pack for after work
SOCIAL INFLUENCE

- Is everyone going to be happy with your choice of a healthy lifestyle?
- They might have to change
- Key to family and friend support is to explain why you are making this choice
- If family members are not interested, find someone else by joining a group with similar interests (swimming, walking, hiking, bike riding, etc...)
SOCIAL INFLUENCE

- If you do have supportive friends and family make a declaration of your commitment to exercise
- Tell them exactly what your exercise habits are going to be
- You get it out of your head and into the physical world
LACK OF WILL POWER

- We always seem to have great intentions, but they don’t always happen
- Do not give yourself a choice
- Make an appointment with yourself and keep it
- After a couple made appointments you will have a sense of accomplishment
LACK OF WILL POWER

- Use Time finder worksheet
- Create a ritual
- Here are the steps to the creation of a ritual:
  - Define the ritual very specifically, right down to the time it is to take place
  - Create the space for the ritual in your schedule
  - Schedule and commit to the activity you intend to make a ritual (use the schedule planner)
LACK OF SKILL

- If you lack skill for sports or other activities, try exercises that require little or no skill like walking or walking up stairs.
- If you take a class, receive adequate instructions.
- Don’t feel as if you have to be at the same level as others that have mastered the class.
LACK OF RESOURCES

- You do not need a big gym, great fitness equipments, the latest and the greatest infomercial driven gadgets to exercise successfully.
- There are many activities that you can do that only require comfortable clothes and shoes.
- Body weight exercises are one of the greatest ways to get in shape.
FEAR OF INJURY

- Huge intimidator if you have already had an injury in the past.
- Warm-up properly
- Cool Down properly
- Stretch muscle
- Train muscles
- Work with a professional first
**ASSESS YOURSELF**

- Do you have a goal? If not get one
- Do you have a plan? If you fail to plan, you plan to fail
- Declare to yourself and others of your plan
KIS

- Keep it simple
- Pick exercise that are enjoyable and incorporate bodyweight exercise
- Make exercise a ritual, like brushing your teeth
- Life will give you barriers be prepared
- Be aware of when those barriers are preventing you from exercising
- Use your wellness coaches to help you stay accountable
REFERENCES

- ACSM Guidelines for Exercise testing
- Human Kinetics Assessment of Athletic Injuries
- American College of Sports Medicine
  www.acsm.org
Questions?