

7 Ways to Stick to Your Fitness Goals

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While in college it can be next to impossible to stick with an exercise routine. Schedules are hectic and there's never enough time to do homework — let alone workout! Fortunately, there are ways to make time for exercise and keep motivated.

1) Write down your exercise goals and plan workouts accordingly. For example, if your goal is to “bulk up” and increase muscular endurance, it is important to focus on strength training exercises, such as lifting weights, as opposed to cardiovascular exercises like jogging. Keep a log of the exercises performed, the intensity, and the number of sets and repetitions.

2) Have a positive attitude about your plan. Think of the exercise as a study break, and be continually aware of the reasons why exercise is important. Also, try practicing positive self-talk. Don't forget the benefits exercise can have on your body!

3) Plan ahead. “You have to make it a part of your schedule,” says Gretchen Krivak, assistant professor at the Andrews University Department of Wellness in Berrien Springs, Mich. “If

you do not have it scheduled into your day you are likely to forget about it, make other plans or just make excuses not to do it. Schedule your exercise time like it is a class and make yourself accountable to be there.”

4) Exercise with a workout partner. He/she will not only help the time go by but will also provide a great source of motivation. Think of your exercise partner as an accountability buddy whose job is to make sure you follow through with your plan. Choose wisely by finding a partner who is as serious about exercise as you are!

5) Don't perform the same exercises every week. “Changing up your routine on a frequent basis is a good way to keep your interest,” says Krivak. “When you do the same exercises or routines over and over, you begin to go through

the motions. Changing the amount of exercises, type of exercises or even the intensity of the exercises can give you a fresh and new perspective of what you are working so hard for.” Do challenge yourself so you're not bored with your routine.

6) Reward yourself on a job well done. Set goals, and if you reach them, do something fun! Go shopping or watch basketball with the guys. But, make sure that your reward doesn't ruin your plan.

7) Never, never, never give up! Don't beat yourself up if you don't reach your goals quickly. And if you miss one exercise day, no big deal! Instead, get out there the following day and try even harder. **e**

