

3 SIMPLE SECRETS THAT INSTANTLY BOOST YOUR EXERCISE MOTIVATION

Welcome to Module 3! Previously, you learned how to burn calories throughout your day in your regular routines. We all know that you can burn even more

calories when you exercise. So this module focuses on making exercise easier and more rewarding for you. We'll start with helping you get motivated to exercise.

Finding the motivation to exercise is sometimes challenging. It can be tempting to loll around on the couch instead of climbing onto the treadmill. Try these three easy secrets that will get you moving.

SURROUND YOURSELF WITH GREEN

1. **Understand the power of green.** A recent university study found that cyclists who watched a nature video through a green filter said it increased their motivation. They even felt like they were expending less effort while working out at the same intensity.
2. **Head outdoors.** Put natural settings and the color green to work for you. Take a bike ride in the fresh air and enjoy the scenic beauty.
3. **Bring in plants.** Plants make any space more luxuriant. They'll also improve the air quality while they sit there looking pretty.
4. **Redecorate your exercise space.** Create an accent wall in your home gym and paint it aquamarine. Shop around for a chartreuse exercise mat.

5. **Dress the part.** If you work out regularly, you need to replace your clothes anyway from time to time. Choose your next leotard or sneakers in a shade of green. If pink is still your favorite color, you can always get a green headband or water bottle.

HAVE FUN

1. **Pair off with an exercise buddy.** A workout partner introduces a sense of accountability that makes it tougher to find excuses for skipping the gym. **Socializing also adds to the enjoyment, especially if you find someone who makes you laugh.**
2. **Take a class.** Discover the satisfaction of learning a new dance move or improving your tennis swing. Share a sense of camaraderie with your fellow students.
3. **Listen to music.** Check your community calendars for fitness events featuring popular DJs or live music. Put together your own soundtrack for home workouts. Any kind of music is good if it makes you feel like dancing.
4. **Seek out new settings.** Get off your treadmill and try a new jogging trail. Anticipate the thrills of scuba diving on your next vacation while you're

doing laps at the public pool. Changing your environment will keep you feeling fresh.

5. **Pay attention to your body. Gradually, you'll find that physical activity comes with its own rewards.** Luxuriate in how peaceful your body feels during a yoga pose. Welcome the way a long run melts away the stress that builds up at the office.

SET SPECIFIC GOALS

1. **Improve your health.** Talk with your doctor if you're working out to alleviate certain medical conditions. **Achieving lower blood sugar or cholesterol could be the best inspiration of all.**
2. **Change your measurements.** Losing weight is a sensible goal for many, but reducing abdominal fat may be an even better indicator of progress. **Celebrate every inch you take off your waist.** You'll look better and reduce your risk of heart disease and other serious conditions.
3. **Increase your strength.** Powerful physiques are good for office workers as well as bodybuilders. Strong muscles and bones protect you from injuries and make daily activities like keeping up with your grandchildren easier. **As a bonus, lean**

muscle tissue burns calories more efficiently than fat.

4. **Enhance your performance.** Maybe you play competitive sports or just like to beat your own past records. Set targets that will help you monitor your progress. You could run a slightly longer distance each week or gradually increase the amount of weight that you can bench press.

You know exercise is good for you, but you may still need a little help getting to like it. These simple motivations will get you on your feet and have you looking forward to your next workout, especially if you can have fun when you exercise. The next lesson shows you 8 ways you can make your workout more fun.

HERE'S WHAT YOU NEED TO DO TODAY:

How can you add more green to your exercise routines? Paint a wall? Get some green workout clothes? Go out in nature to exercise? Choose some green options and add green to your exercise space.