

EXERCISE IS PART OF MY DAILY LIFE.

I make exercise part of my daily routine. Staying physically active strengthens my body and mind. I feel fit and energetic. I even look better!

My spirits soar as exercise boosts my mood. I become cheerful and relaxed. My morning commute seems less stressful, and I have more patience with my children and coworkers. I return home from work eager to hang out with friends instead of falling asleep in front of the TV.

I maintain a healthy weight by eating nutritious foods and burning off calories naturally.

I strengthen my bones and build up endurance. I run and bike to condition my heart. I do yoga to increase my flexibility, and pushups to tone my muscles.

I find a variety of activities that I like so I can keep my motivation high year round. I swim and play volleyball on the beach in the summer. In the winter, I ski or stay warm inside on my treadmill.

I find a workout buddy so we can encourage each other. I show up on time for running sessions and dance classes because I know they are counting on me. Our time together is more fun because we help each other to laugh and think positive.

Today, I hit the running trail or play ball with my children. I make exercise a priority because I want to lead a long and fulfilling life.

SELF-REFLECTION QUESTIONS:

1. What is a good time of day for me to exercise regularly?
2. What is one new form of exercise I want to try out?
3. Where can I find reliable information about diet and exercise?