

MODULE 3 - SUMMARY AND REFLECTION

In module 3, you learned many strategies for making exercising fun, easier, and more effective.

KEEP THESE POINTS IN MIND TO MAKE YOUR WORKOUTS MORE REWARDING:

1. **Increase motivation.** To increase your motivation for exercising, surround yourself with green, make your workouts fun, and set specific goals for exercising.

2. **Have fun.** Infuse fun into your workouts by choosing exercise that's fun for you in the first place. What are your favorite physical activities? Swimming? Skating? Sports? Add variety and music. Get a workout buddy and turn it into a game.
3. **Be comfortable.** Ease your workouts so that you're safe and comfortable in whatever exercise environment you choose. Wear appropriate, fitted attire. Tie back long hair. And eat dark chocolate or drink chocolate milk to increase your endurance.
4. **Burn more calories in less time.** When time is a concern, shorten your workouts, but still burn the calories. Switch to more calorie-intensive activities, such as running, swimming, rowing, or skating. Change how you exercise: Train in intervals, keep moving during rest moments, or get an exercise buddy for encouragement.
5. **Burn more calories by diet choices around workouts.** Before you work out, choose carbs and protein. Avoid heavy meals. After a workout, replenish glycogen within two hours. Eat complex carbohydrates, proteins, and healthy fats. Drink plenty of water before, during, and after your workouts.

These strategies will all help you enjoy exercising so you keep at it, and make it more effective as well.

SELF REFLECTION QUESTIONS:

1. Do I enjoy exercising? Why or why not?
2. What keeps me from exercising as much as I feel I should? How can I remedy this situation?
3. How can I make exercising more fun?
4. What physical activities do I enjoy the most? How can I schedule time to partake in these activities?
5. How can I vary what I do to work out?
6. What can I do to increase my comfort at the gym?
7. What are my preferences for ways I can ramp it up when I need to shorten my workout?
8. Who do I know that I can invite to be an exercise buddy?

FINAL WORDS

We hope you enjoyed this course! Please put these strategies in motion in your regular routines. When you do, you'll burn so many more calories. Your efforts will add up, too, and you'll find increased fitness to be a pleasure.