

SIGN UP FOR A RACE

Maintaining an exercise routine is easier when you have an end goal. For some it could be weight loss, but another way to stay motivated is by signing up for a race (5K, marathon, triathlon, bike race, obstacle course).



EQUIPMENT NEEDED:

- Comfortable workout clothes
- Swimsuit (optional)
- Bike (optional)
- Computer
- Some fees may apply

HOW IT WORKS:

Look online for a local or nearby race. You can also find out about events through local gyms or fitness stores. Sign-up and set up a training plan with a trainer, friends, or family to prepare for the big day!

WORKOUT LIKE A MILLENNIAL

If constructing an exercise plan seems daunting, never fear! There are loads of free fitness apps geared toward different fitness levels that provide daily workout plans that you can do at home. Other free, ready-made workouts (from dance to kickboxing) can be found on YouTube.

EQUIPMENT NEEDED:

- Comfortable workout shoes
- Breathable exercise clothes
- Hand weights (optional)
- Yoga mat (optional)
- Resistance bands (optional)

HOW IT WORKS:

Download a fitness app or follow a Youtube channel and challenge yourself to 3 workouts each week.

VARIATIONS:

- Try different types of videos or workouts to find what you like
- Invite friends to join
- Create a workout for commercial breaks or during tv shows

MIX IT UP

Not only is it more fun and interesting to vary your exercise routine, but it's also more beneficial to your health. Ideally, you should be changing up both the intensity and type of physical activity from day to day. Regardless of the type of exercise you are doing, keep in mind that the most benefits come from increasing intensity (rather than length) of the workout.

EQUIPMENT NEEDED:

- Comfortable workout shoes
- Breathable exercise clothes

VARIATIONS:

- Use training plans found online to help build workouts
- Join fitness classes and alternate activities during the week
- Workout with friends to try new exercises

HOW IT WORKS:

Plan your workouts ahead of time by designating days for cardio and others for strength or resistance. On cardio days, focus on running, biking, swimming, and other aerobic exercises. For resistance training, use hand weights, resistance bands, weight machines, or your body weight (think squats, crunches, pushups, etc.) to build muscle and increase strength.

