

What can I do to maintain an exercise routine?

How can I start and maintain an exercise programme that suits my abilities and lifestyle?

Shadia

Dear Shadia,

You need to see fitness as an absolute necessity and not just a nice-to-have.

A good first step would be to find friends who work out regularly. Many people do not realise the impact their friends have on their behaviour or how much the company they keep influences their choices, decisions and ultimately their daily routine. Join a group of work colleagues that consistently go to the gym or jog regularly. These associations will provide you with accountability partners who will encourage and motivate you to work out.

Because there is nothing glamorous or exciting about regular exercise, many

people lose interest after the first couple of weeks. Being part of a group helps, as team members give each other moral support that fosters commitment.

Secondly, incorporate your preferred exercise plan into your daily routine. The secret to success in any area of one's life is hidden in their daily routine. For example, choose a gym close to work place or on your route home. This makes it easier to leave work and dash to the gym or go to the gym on your way home.

Thirdly, simplify your life. If your work schedule is crazy, consider buying a skipping rope and skip first thing in the morning or in the evening when you get home. You can also buy or get aerobics videos from friends and colleagues and do the exercises in the comfort and privacy of your bedroom.



Incorporate your preferred exercise plan into your daily routine