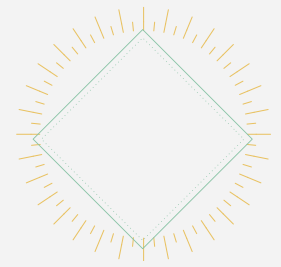


MAKING EXERCISE MORE ENJOYABLE



There are many ways to make exercise more enjoyable including:

1. Think about it as play and movement rather than something you must do.
2. Do what you love.
3. Focus on the process, not just the outcome. Notice how you feel when you do that activity.
4. Make it social by moving with someone else.
5. Add your favorite music.
6. Keep it novel by trying new things (videos, tools, classes, etc.).
7. Acknowledge your successes. Even if they are little! Focus on what you DID, not what you DIDN'T.



Using the tips above (or create your own strategies), what will do to make exercise and activity more enjoyable for you?