

FITNESS FEATURE

by Russell Heady
Kent's Hill Park Health & Fitness Club



10 Easy Ways to Make Make Exercise A Habit

If you'd like to be fitter, but something else always gets in the way of your motivation, here are some top tips from Kent's Hill Park Health & Fitness Club to help you.

1. Do a variety of activities you enjoy. Trying a variety of activities will help you find the ones you enjoy most, weight lifting, walking, running, squash, cycling, swimming, badminton, football, Yoga.
2. Exercise with another person. Often people will "let themselves off" exercise sessions, but if you are meeting someone to exercise with then you won't let them down.
3. Make exercise a priority. Exercise has to be non-negotiable. Your health should be your number one priority as it makes everything else in your life easier.
4. Exercise first thing in the morning. Exercise early in the morning and you can then relax in the evenings knowing you've done the hard work. "Exercise, take a shower, and you're energized for the day."
5. Or, exercise on your way home from work. The next best thing to exercising first thing in

the morning is to do it on your way home from work. Don't go home first as it's very hard to then get motivated to go to the gym.

6. Exercise even when you're "too tired." Exercise energizes you. You breathe deeply, and your body makes better use of the oxygen exchange. You'll get an exercise-induced euphoria during the activity and for some time after. So chances are you'll feel so much better after exercising.

7. Log your activity. Write down the things that are important to you. It could be how much time you exercise each day, how many steps you walked, how far you ran or cycled, what you weighed, etc. It's great to look back at how well you've done.

8. Be aware of all the benefits of exercise. It's great when your clothes fit better; you can lift heavier weights, work out longer, get a better night's sleep, think more clearly, have more energy, get less illness, lower your risk of cancer and heart disease, eat more treats and get away with it!

9. Don't over do it. Be realistic and aim for 3 to 5 exercise sessions per week of at least 30 minutes.

10. Reward yourself. Experts say that making behaviour changes is hard, and rewards motivate. So decide on a goal and a reward, and work toward it. You might buy yourself the CD you've wanted after you stick to your fitness plan for one month, or buy a new pair of jeans when you've reached 20 minutes running without walking.

(Advertising Feature)

A large photograph of the interior of the Kents Hill Park Health and Fitness Club. The space is bright and modern, featuring a large swimming pool in the foreground, a central pillar, and a glass-enclosed area above. Text is overlaid on the image in a blue, sans-serif font.

Kents Hill Park
Health and Fitness Club

Free to Join!
Membership from £26!
No Long Contracts!

Friendly Atmosphere
No Kids!
Free Towels!

Gym - Pool - Spa - Sauna
Steam Room - Classes - Squash
Badminton

Kents Hill Park Training Centre,
Kents Hill Park Roundabout off V10, 01908 358383
khhealthclub.co.uk