



# CAPTA NEWS

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*There's a difference you can feel.*

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## ***Exercising in a Safe and Beneficial Way, Volume 3***

*By Jill Sly, PT, DPT*

*Many of us know what it is like to start an exercise routine, only to get discouraged, bored, injured, or pressed for time shortly thereafter and stop exercising. Below are some tips to help you start and stick with a healthy exercise routine. Good luck!*

### ***Strategies for Success In Starting and Sticking With an Exercise Routine***

*Set short and long-term goals. They should be realistic and measurable.*

*-Example: I will start doing aerobic exercise for 20 minutes, 3 days/week.*

*Sign a contract with a clear description of your goals and how you will achieve them.*

*Choose a type of physical activity you enjoy. Don't force yourself into a type of exercise you dread. You will be less likely to stick to it.*

*Set specific times/dates to exercise and write in your calendar.*

*Exercise with a friend. This often keeps you more accountable and less likely to back out of exercising.*

*Do it in shorter bouts if in a time crunch. Research shows that doing 10-minute bouts of exercise throughout the day is just as effective as exercising for 30 minutes straight.*

*Keep an exercise journal to document your progress and update your goals. Note how exercise makes you feel.*

*Make small changes to incorporate exercise into your day.*

*-Examples:*

*-Taking short walk breaks at work*

*-Taking the stairs instead of elevator*

*-Doing heel raises or mini-squats while brushing teeth*

*-Gardening*

*-Parking further away at work and errands*

