

How to Keep Your Workout Routine on Track

If you're one of those people who promised to begin an exercise program this year and then slipped back into inactivity as the months wore on, you're not alone. For many people, the hardest part of exercising is not getting started — it's keeping it going over the long haul. So what can you do to stay motivated? Follow these tips to get back on the workout track.

Set realistic goals. If you have been inactive for years and suddenly decide to run five miles each day, you're setting yourself up for failure and possible injury. Start with a brisk 10-minute walk and gradually increase your activity each day. If you're able to break a sweat once a day, that's a great beginning.

Find activities you enjoy. The more satisfied you are with your routine, the more likely you are to stick with it. That may mean exercising with a group if you like to socialize, or taking your dog for a brisk walk.

Identify and work through roadblock. People who overcome obstacles such as bad weather or lack of time tend to stay motivated. Find a way to exercise no matter the roadblock. Walk during your lunch break or do sit-ups while you watch TV. Even with a busy schedule, there is always a way to incorporate exercise in your day-to-day activities.