

## How to overcome your fitness frustration

Are you one of the millions of Americans who made a resolution to exercise more in 2022? If so, with the excitement of the new year now behind us, there's a chance you may already be experiencing a lack of motivation. Maybe your body is achy and tired because you started a fitness routine too intensely? Or you're feeling frustrated and overwhelmed because you're not seeing results fast enough.

Whatever the reason, the good news is that you're not alone – and it's not too late to get motivated again. For many, January 1st is the day many feel pressured to commit to a new fitness regime. But if you're not truly ready right after the holidays, it's easy to fall off track quickly and to give up. If that's happened to you, here are some ways you can reset your fitness goals, as well as your mind frame:

- **Start with a small goal, achieve it, then progress to a bigger one.** Set a fitness goal you know will be easy for you – like walking for 10 minutes three times per week. After a few weeks, see if you can progress to 15 or 20 minutes, or add another day. Feeling a sense of accomplishment will help keep you inspired.
- **Be consistent.** If your goal is to exercise for 150 minutes per week, spread that time over the week instead of cramming it in to one or two days, then resting for the remainder of the week. If you have more than two to three days in between sweat sessions, your body is going to not only lose motivation, but will also begin to lose the benefits of engaging in regular physical activity.
- **Stay positive.** If the thought of “exercising” sounds like torture, try to think of it as “movement” or “energizing your body.” Pick activities that are not only interesting and exciting to you, but also help make you feel invigorated and less stressed after you've completed them. If you fall behind, don't beat yourself up. Move forward from where you are.
- **Believe in yourself and envision how you will feel months from now.** Instead of focusing on numbers, use a journal to track how you feel, both physically and emotionally. For example, you may find that you're sleeping better or feeling less stressed. Tracking these types of positive changes are encouraging and reaffirming to why you set this goal for yourself.
- **Don't be afraid of the winter weather.** There are many fun outdoor activities you can take part in during the month of February. Sledding, snowshoeing, winter hikes, skiing and ice skating are just a few of the ways you can burn some calories.

By following these tips, you'll be able to get yourself back on track with your fitness routine and kick that frustration to the curb. Remember, if you feel like you've taken a few steps back, there's no need to give up. You might just be backing up to get a running start!

