

[IMAGE]

8 Great Exercise Tips

By Editorial Staff

1. **Have a Plan.** Consistent exercise requires focus, and focus requires a plan. Outline your workouts by day, week and month so when you hit the gym, you know just what to do.
2. **Don't Overdo It.** In the real world, you're not competing on "The Biggest Loser." Work out for five hours a day and you'll end up burned out, injured or both. Try 45 minutes, 3-4 times a week.
3. **Fight Temptation.** We're talking about the inevitable temptation to skip a workout. When you're having a "bad day," stay strong and get to the gym. Skip out and you'll regret it; make it happen and you'll feel great afterward.
4. **Schedule Breaks.** Many people are afraid to stop working out once they start, but you need time to refresh yourself and allow your body to do the same. Schedule a consistent break (3-4 days or an entire week) every few months and then start right up again.
5. 8 Great Exercise Tips - Copyright © Stock Photo / Register Mark **Be Creative.** Your body and mind get bored after a certain amount of time doing the same thing. Mix things up every so often, whether it's trying a few new exercises, changing the time of day you work out, or even changing up the setting (e.g., running outside versus on the treadmill).
6. **Recruit Support.** When it comes to exercise, some people can fly solo, and that's great; but for others, they need a friend or spouse to help keep them on track. If you can't do it alone, don't be afraid to ask for help.
7. **Less Is More.** Unless your goal is to look like a body-builder, you can put the heavy weights down. Body-weight, resistance bands and balls, and other basic equipment can get the job done just fine.
8. **Stay Positive.** This is the most difficult tip to stay true to, but it's also the most important. Every day isn't sunshine and roses; that's true in life and in your exercise routine. Some days or weeks, you won't feel as if you're making *any* progress. That's the time to stay positive, fight through it and remember why you decided to start exercising in the first place.

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