

# HOW TO STAY MOTIVATED TO WORK OUT AT HOME

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**WE KNOW IT'S HARD TO KEEP UP WITH YOUR WORKOUT ROUTINE AT HOME. HERE ARE SOME SUGGESTIONS TO HELP YOU MAKE IT HAPPEN IF YOU'RE LOW ON MOTIVATION!**

**PENCIL IT IN!** Would you remember to go to your dentist appointment or make it to that weekly meeting if you didn't add it to your calendar? Probably not. The same goes for your workouts. Set up a calendar/schedule for the days/times you want to work out. We're all working from home right now, so block off the time! If you don't block out time, you'll never make time to work out. You'll just end up doing the other thing.

**STICK TO IT!** Make yourself adhere to that schedule. No excuses! You took the time to create the schedule...so go actually do it. Make time. 30 minutes is 2% of your entire day. If you can watch a Netflix show for 30 minutes, you can workout for 30 minutes. Even if you don't feel like working out, promise yourself at least 5 minutes. Sometimes, all you really need is to just START.

**MAKE ROOM!** The tricky part about an at-home workout is that—surprise!—your home is not a gym. Create a dedicated space to workout. Kind of like having a home office; make space for you to workout so you'll enjoy it. If it's amongst cluttered things, you will less likely want to go in. Whatever you have to move/set up/dismantle, do it well before your scheduled workout (say, the night prior if you plan on getting up and working out), so there are no barriers or excuses. Additionally, just because you live in an apartment or small place doesn't mean you can't do the workouts. Within every workout, there are modifications!

**ENLIST A FRIEND!** If you're the type that needs an appointment or a friend to work out with, do it with a group of friends. Reach out and invite someone to join you via Skype, Facetime. You can create a small group and make each other accountable.

**PUSH YOURSELF!** Part of the problem with working out at home is that you have no one there to actually push you. If you make it a point to lift heavier, push yourself, and also have clean form...then you'll definitely see results if you can just stay consistent.

**DRESS FOR SUCCESS!** Although you won't be heading to the gym, you want to have your gym clothes and shoes within reach. Studies also show that what you wear can also impact your exercise performance. Enclothed cognition is a psychological phenomenon that suggests certain clothes may trigger mental changes that can impact performance positively, so simply wearing workout gear can help motivate you to exercise. Go ahead and wear your favorite workout clothes.

**PUMP UP THE VOLUME!** Similar to what you wear, music is just as important to your performance. Recent studies find the connection between your feet and ears boosts your efficiency. The right songs can also tell the voice in your head that is signaling for you to quit, to go an extra 10 minutes instead.

**GO PUBLIC!** After you've crushed your workout, feel free to shout it from the social rooftops. One study suggests that social recognition makes us less likely to follow through with our intentions. So, snap a sweaty selfie and share