



Find your Motivation

Motivate yourself by having an event or something that you look forward to for a stretch goal. Sign up for a triathlon, outdoor swim, bike ride, fun run or other exercise event and train with a friend, family member, kids, etc.

Schedule an event that you will enjoy and make a plan to train for it. Make physical activity an integral part of your next vacation (hiking, walking, swimming)



Strengthen your determination

Strengthen your mind and determination. Learn more about fitness by making time to read and learn about it. What you find out may inspire you to do even more. You could commit to the steps in WikiHow "How to Get Fit : 13 steps." www.wikihow.com/Get-Fit

Read a book on Health and Fitness (search the New York Times best sellers or ask at your local book store).

Commit to learning to be a healthy eater. Do your research, find meals that you like, and get others to join you in your goals!