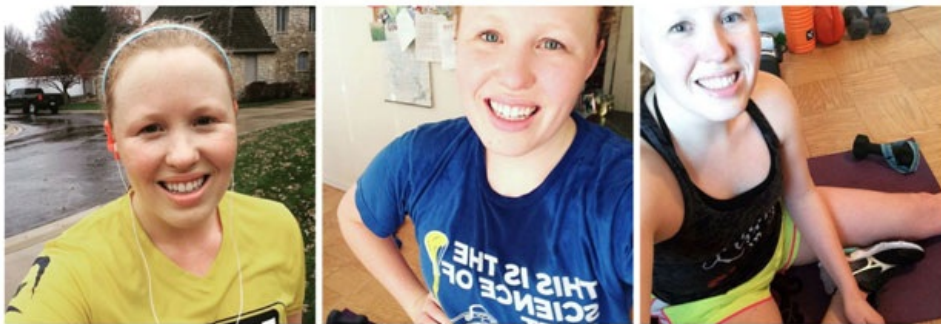


10 Ways to Make Your Workout Happen

Summary: Are you having a hard time getting your daily workout? Make it happen by following these 10 tips.



1. Every Sunday schedule your workouts. When you already have a plan and know what you have planned, you're less likely to break the plan than you would be if you had no idea what you are doing.
2. Treat your workouts like business meetings: non-negotiable.
3. Lay out your clothes the night before. That way you can put them on right when you get up and get out the door before your mind tells you to go back to bed.
4. Make a plan with a friend. You'll be much less likely to bail on a friend than you would to just skip out on a solo workout.
5. Put your alarm across the room. Sometimes the hardest part is just getting out of bed. By doing this you're forced to get out of bed right away.
6. Work out first thing in the morning so that other plans don't get in the way later in the day.
7. Be okay with doing a less "intense" workout. Some days just a 15 minute jog or a short yoga session is just enough, as long as you get moving.
8. Add your workout to your daily "to-do" lists; it's so satisfying to cross it off and so annoying if you don't!
9. Sign up for workout classes ahead of time. Most classes charge you \$20 if you don't show up, so that \$20 should be incentive to get to your workout.
10. Use specific and attainable goals to motivate you to stick to a program and switch it up once you've achieved them! Something like 20 push-ups in a row, or running a mile in under 10 minutes.