

5

TIPS

to help you stay
motivated
to **exercise**



Being physically active is one of the most important things you can do each day to maintain and improve your health and keep doing things you enjoy as you age. Make exercise a priority with the following tips:

1

Find ways to fit exercise into your day.

You are more likely to get moving if exercise is a convenient part of your day.



2

Do activities you enjoy to make it more fun.

Be creative and try something new!



3

Make it social.

Find a virtual "exercise buddy" to help keep you going and provide emotional support.



4

If there's a break in your routine, get back on track. Start slowly and gradually build back up to your previous level of activity. Ask your family and friends for support.



5

Keep track of your progress. Make an exercise plan and don't forget to reward yourself when you reach your goals.



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National Institute
on Aging

Guide To Exercise Techniques

Dr. W. Ness



Guide To Exercise Techniques:

The Enigmatic Realm of **Guide To Exercise Techniques**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing lacking extraordinary. Within the captivating pages of **Guide To Exercise Techniques** a literary masterpiece penned by a renowned author, readers attempt a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting effect on the hearts and minds of people who partake in its reading experience.

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