

How Do You Motivate “Couch Potatoes” to Exercise?



By Meg Levesque, CPT - First Fitness Management

To change lives in a healthy way is a beautiful thing to see and witness, but the hardest part is getting up and making that first step. So below are some helpful tips to get you up and moving and staying the path:

- **Start small and work your way up.** For example, focus on mini goals more than the big picture goal itself. Start with getting up and moving 10 minutes per day for the first 2 weeks, then increase to 15 minutes per day, so on and so forth. Keep in mind that when you set a vague and aggressive goal such as “I’m going to go to the gym 5 times per week to start,” it’s not very likely that you will stick with it, and this can lead to discouragement. Your goal settings should be SMART (specific, measurable, achievable, relevant and time-bound). Set yourself up for success not failure and/or discouragement.
- **Purchase an activity tracker that will help hold you accountable.** Many trackers these days not only track steps and heart rate, but some will even notify you when you need to get up and move.
- **Celebrate every milestone along your journey.** Why? Because you deserve it! You went from being a couch potato to wanting to make a lifestyle change, and each and every step along the way deserves a party ☺
- **Start journaling.** Yep, that’s right, grab a notebook and pen and document everything. Why? So you can look back on your struggles and successes. Trust me, it feels pretty awesome to be able to see your journey on paper.
- **Grab a buddy.** Why? Because he or she can also help motivate and hold you accountable. Plus, working out with a partner is far more fun!
- **Schedule your moving sessions in your calendar like you would for work appointments.** You get off the couch for those, right? So, why wouldn’t you get off the couch for your own personal appointments with yourself as well?
- **Hire a professional.** Why? Because we are educated in this field and we can help you in a safe and effective way. Invest in yourself!

READY TO TAKE THE FIRST STEP?

For a consultation to determine your company's fitness needs, contact:

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