

# Exercise of the Month

The exercise this month is just that, to exercise! But not with something you already do. Try something new. Perhaps it is a new class you've never taken but always thought about. Maybe you haven't been exercising for whatever reason, so your challenge will be to incorporate something to get you moving. If you are already active, then add a new exercise to your workout or up the intensity (through duration or level of perceived difficulty).

## Why is change important?

Your body adapts quickly to exercise stimuli and once it does, you need to change things up. If you don't your level of growth (endurance, strength, motivation) may plateau or even diminish. If you don't currently exercise, the benefits will always outweigh your excuses, it just takes getting started. Make this month your month to start!

## So what can you do?

### **New to exercise or Trying to get back into a routine?**

- Set a realistic goal for yourself.
- Try to incorporate even 10 minutes a few times a week to get started or transition back into a routine.
- Don't beat yourself up if you struggle.
- Try a new class with a friend.
- Do a short YouTube video at home.
- Go for a walk at lunchtime or after dinner.
- Walk your dog (or get a dog ☺).
- Break up your 30 minute workout throughout the day to keep moving.
- Be proud of every accomplishment.
- Keep a journal of your daily activity.
- Reward yourself with a new outfit or a massage once you hit your goal.
- Then, set a new goal.
- You can do this. You deserve time for you! Your health depends on it!

### **Work out regularly. Are you getting bored or doing the same thing all the time?**

- Try a new exercise for each body part
- If you typically use dumbbells, try a new machine.
- If you typically use machines, try free weights or your own body weight
- If you only strength train, add some aerobic exercise
- If you only do cardiovascular exercises, add strength training.
- If you work out alone, add a partner to the mix.
- Train for something you have always wanted to do: a 5k, Triathlon, Marathon or Iron man (or woman ☺)
- Change up your intensity by: lengthen your workout; or shorten your recovery period; or increasing your weight; or changing # of repetitions or sets.