

FINDING MOTIVATION

BREAK MENTAL BARRIERS & GET YOUR SWEAT ON

ARKANSAS
HEART HOSPITAL®

Want to start exercising but hate the gym? Short on motivation? Or maybe you're feeling so out of shape that you don't know where to start? There is hope. Movement can take place anywhere. All you have to do is focus on exercising the way that suits your personality, lifestyle and fitness level.

GET MOTIVATED

TRY THESE TIPS TO MAKE BEING ACTIVE PART OF YOUR EVERYDAY ROUTINE

ADD A FRIEND OR FAMILY MEMBER

- Take a yoga or other fitness class with a friend
- Work on your fitness goals with your spouse or roommate
- Go for a daily walk with a neighbor

DO WHAT YOU LOVE

- If you enjoy the outdoors, try biking, hiking, golf or gardening
- Play with the children in your life
- Check out swimming options near you or the track at a nearby school
- Think of physical activity as a special time to refresh your body and mind

BUILD ACTIVITIES INTO YOUR DAY

- Do strength exercises while watching TV
- Use a workout game on your gaming console
- Take a walk during lunch
- Meet friends for a walk or a bike ride instead of (or before) dinner or a movie

SAFETY FIRST: WHEN TO CHECK WITH YOUR DOCTOR

Although moderate physical activity such as brisk walking is safe for most people, health experts suggest that you talk to your doctor before you start an exercise program if any of the following apply:

- You have heart disease.
- You have type 1 or type 2 diabetes.
- You have kidney disease.
- You have arthritis.
- You're being treated for cancer, or you've recently completed cancer treatment.
- You have high blood pressure.

If you haven't exercised regularly in a while, you may generally start exercising at a light to moderate level without seeing your doctor and gradually increase your activity.

WHEN IN DOUBT, CHECK IT OUT

If you're unsure of your health status, have multiple health problems or are pregnant, speak with your doctor before starting a new exercise program. Working with your doctor ahead of time can help you plan the exercise program that's right for you. And that's a good first step on your path to physical fitness.



EXERCISE MAKES YOU HAPPY

WHEN YOU EXERCISE, IT INCREASES ENDORPHINS, DOPAMINE, ADRENALINE AND ENDOCANNABINOID. THESE ARE ALL BRAIN CHEMICALS ASSOCIATED WITH FEELING HAPPY, FEELING CONFIDENT, FEELING CAPABLE, FEELING LESS ANXIETY, LESS STRESS AND EVEN LESS PHYSICAL PAIN.

HEART MONTH