

Let's talk about exercise! If you are like most people, you probably think of it as being work, a lot of work. That is why people probably call it a workout! I hate this word and the feeling that comes up when I think of it.

Your "workout" shouldn't be work. It can be fun... something you enjoy... something that will motivate you and keep you going back for more. What type of exercise will excite you and bring you joy?

Keep in mind that exercise is not always in a gym... it can also be dancing, biking, hiking or doing yoga. Competitive sports and arts can be very motivating too but be careful not to let losses or lack of skills set you back.

If you are an outdoorsy kind of person, the weather outside can be a challenge and sometimes an interference. Don't let bad weather keep you away from taking care of your body. See what else you can do. I found what works for ME and you can find what works for YOU too!

As you mature, finding the sport, activity or fitness groups you really love is the key to continuing your health into later years. Remember too, as you get older and stop exercising for a couple of weeks from an injury or vacation, it takes a little time to get back in the swing of things (even if you have not gained any weight). Just restart, keep it going and in about a week you will feel better again. Then keep that feeling in your pocket of tools to inspire you and get the extra push!

Consider finding an exercise buddy either in person or online who can help you stay accountable and encourage you to continue when you feel like giving up.

If you don't feel like exercising on a given day, simply tally up your projected food plan in seconds using Count 2 Indulge to see where your choices are: either less food that day or carryover to tomorrow. The choice is that simple. You can manage your calories and pay attention to what you eat for your body and weight both with and without exercise.

It's exciting to know that your body is releasing endorphins and all those 'feel good' neurotransmitters like serotonin and dopamine, not to mention that your strength is increasing and you look and feel better.

Exercise feeds your spirit EVERYDAY! It's no longer a chore! Exercise is now enjoyable and your body welcomes it. After a week or two it's definitely going to want more!

So bring it on! Be childlike and keep exploring! Most of all...have fun doing it!

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"Tell me and I will forget; show me and I may remember; involve me and I will understand." Chinese Proverb