

KEYS TO ACHIEVING REGULAR EXERCISE

1

Try various sports, until you find the one you like the most



2

If doing exercise alone bores you, stick with a friend



3

Jot down on a calendar the days that you will exercise and when you will rest



4

Set reachable goals for the short term and reward yourself when you achieve them



5

Consider that although at the start it's tough, with time you will reap the rewards

