

# How to Stay Motivated to Exercise: The Ultimate Guide



Getting healthy is the most commonly made New Year's resolution in the United States. Unfortunately, the average individual's good intentions will only last until the [end of February](#).

It's easy to decide to start working out. The hard part for most people is staying motivated once the initial endorphin rush wears off. So what's the difference between those who quit and those who carry on?

In this article, we'll take a look at how to stay motivated to exercise with some motivational tips that will make you as eager to hit the next workout as you were your first.

## **Find a Workout You Love**

First things first, if you want to stay motivated, then you're going to need to find a workout you enjoy doing. Not everyone is built to run marathons or lift heavyweights in the gym. If they're not for you, then there is no point trying.

If you're looking to make exercise a new regular part of your life, then open your eyes to the endless realm of possibilities that are out there. You could take up martial arts, swimming, CrossFit, climbing, dancing, and everything else in between. Keep trying new things until you find one that sticks.

## **Be Realistic and Reward Yourself**

"Rome wasn't built in a day," as the old saying goes. There are no magic pills or workout secrets that will change your body overnight. The only secret to success is determination and consistency.

If you get into working out with the idea that you'll have your ideal beach body in a week, then you're going to be bitterly disappointed. And disappointment kills motivation.

Set yourself [realistic goals](#) that you can reach easily at first. Then start to stretch the goalposts as you advance. Every goal is an achievement, and achievements feel great.

When you tick off a goal, reward yourself. Very few people are the perfect stoic. It's important to make the process as fun as possible.

### **Hire a Personal Trainer**

One of the easiest ways to stay motivated is to hire someone to motivate you. It's more expensive than going at it alone, but it's a great way to get started until you're in the swing of things.

Personal trainers will help you to tailor your workouts and diet to your specific goals. You don't need a personal trainer for your entire fitness journey, but they can be a huge help when you're just beginning.

If you're looking to reap the many [benefits of strength training](#), then a personal trainer can help you make sure that you start with the correct form. They will also make sure that your set and rep ranges correspond to your fitness goals.

### **Find Yourself a Workout Buddy**

If a personal trainer is out of the question, why not just find yourself, someone, to work out with. Having a workout buddy comes with several benefits when it comes to motivation.

Working out with someone means that there's an [element of accountability](#). You might feel like skipping a workout, but then you'd be letting your buddy down. Another great reason for having a workout buddy is the additional friendly competition they can bring. Working out with someone else will always provide a little extra encouragement.

### **Perfect Your Workout Playlist**

[Several studies suggest](#) that the right kind of music can help to keep you motivated throughout your workouts. No matter your taste in music, it's worth taking the time to put together a playlist for your workouts.

Hi-energy and feel-good songs can help you push that little bit further in every training session.

### **The Psychology of Motivation**

All of the above are great ways to kick start your motivation, but the most steadfast motivation comes from within. When it comes to how to keep working out when 95% of you are yelling "NO," it takes a certain kind of mindset to carry on. Here are a few tips and tricks to help develop a motivated mindset.

### **Revisit Your Past**

Most people decide to start working out because they aren't happy with how they feel about themselves. This could be because they don't like how they look, or maybe they struggle with a depressive or anxious mindset. Whatever it might be, let's say that everyone decides to start working out to improve themselves.

When you start exercising for the first time, you'll no doubt be kept going by the newly discovered endorphin rush. But after some time, this will become less noticeable, and you might need something else to keep you from hitting the snooze button when it's time for your morning workout.

This is the best time to revisit your past. Spend some time thinking about why you decided to start working out. Remember how you felt when you were at your worst. Then make a decision. Would you rather work out for one hour when you don't want to, or would you rather go back there?

Once you start to understand the decision that you're making for what it is, it gets easier to make the right choice.

### **Develop a Warrior Mindset**

Your brain will reward you for making tough decisions. It might not feel like it at the time, but those workouts you don't want to battle through end up feeling better than the ones you were looking forward to.

Every time you make a decision that supports your end goal, as supposed to give in to the temptation that keeps it at a distance, you teach your brain who is boss.

At first, it might be hard to keep pushing on when you're feeling tired; the more times you are willing to sacrifice a little comfort at the beginning, the easier it will be later on.

### **This Is How to Stay Motivated to Exercise**

It can be difficult knowing how to stay motivated to exercise, but here at ChiroThin, we have you covered. These tips and tricks can help you keep on going when it's hard to keep going. Always remember why you started, and while it might not get any easier, you'll always be getting better.

Are you ready to get started on the path to a healthier you? Learn more about the [ChiroThin weight loss program](#) to decide if it's right for you! And then find a [ChiroThin doctor near you](#) to get started.