

Tips to “Make it Stick”

According to FiTOUR, a national trainer certification website, 50% of all people who start exercise routines will drop out within 6 months or less. Which shouldn't surprise anyone who has tried (and failed) to make a major change in their lifestyle. Old habits are hard to break and new habits are challenging to instill. **Live 2 B Healthy®** has some recommendations for improving exercise adherence that might be helpful:

1. Let your trainer know you are trying to make a lifestyle change. He/she might have some tips for you that could be helpful. They can also help to hold you accountable to your goals. Some trainers might even be willing to give you a call or knock on your door to remind you of class and your commitment. If nothing else, just voicing a goal aloud to someone can help to hold you accountable.



2. Maintain an objective record of your exercise progress and program. Again, Live 2 B Healthy® to the rescue! We perform a baseline test with all participants when we begin a class and then do a FitCheck twice per year thereafter. Your trainer has access to a report of your progress and can provide that to you upon request. If you are using loops and bands, it may also be helpful for you to bring a notebook with you to class and record the tension and the repetitions that you do for each type of exercise. You can make it a goal to either increase tension or reps once the current regimen becomes less challenging.

3. Stimulus Cuing – Make and appointment with yourself and keep it. Make it a point to exercise at the same time and in the same place each day. This is one reason we try to schedule our classes at the same time each day we are at your community. If 9am is your class time, then you know what you are doing at 9am on class days. Make it a priority to schedule all other activities around that class time.



4. Reinforcement and Reward for Meeting Goals – If you make your goal of attending every class for a month, then reward yourself with something special. It doesn't have to be expensive – but treat yourself. Many Trainers offer Attendance and Improvement Awards following the testing periods which will provide you with the recognition you deserve for your hard work!

5. Begin your program with a lower intensity and gradually progress. It can be tempting to try to do it all, but starting out too hard can be a recipe for injury, which will prevent your progress. Think of fitness as building blocks and layer the difficulty level gradually.

To locate FREE local senior fitness classes in your area, please visit:

<https://franchise.live2bhealthy.com/class-schedule/>

Enter your zip code to find locations near you.