



## EXERCISE MOTIVATION

A Michigan University program, based on one originally developed to encourage people to quit smoking, can be used by novice or experienced exercisers, in a group or on their own. To help exercise become a permanent, ingrained habit, researchers suggest following these guidelines:

1. **DRAW UP AN AGREEMENT** with a family member or friend, and put it in writing.
2. **MAKE YOUR CONTRACT SPECIFIC.** Don't just say, "I'll try to exercise four times this week." Write down the actual days on which you'll exercise and specify what you'll be doing.
3. **THE AGREEMENT** should be long-term. A few weeks is not enough to change your behavior and make you a determined, committed exerciser. Six months is a minimum contract period.
4. **INCLUDE SPECIFIC REWARDS** and punishments. Money and vacations are most often used as rewards; on the other hand, the exerciser might agree to do an unpleasant household chore if the contract is breached.
5. **MAXIMIZE THE NUMBER** of people who support you.