

Exercise boredom busters

Make your workouts fun and interesting

By Tresa Erickson

It happens every time: You resolve to get fit at the start of the New Year, you work out regularly and then you lose steam. You revert to old habits, exercising whenever you feel like it. But have you ever considered that the cause of your behavior isn't a lack of self-discipline, but plain old boredom?

Exercise boredom isn't uncommon. Many people, including die-hard fitness buffs, experience it from time to time. Fortunately, there are several ways to combat it.

Review your workout routine and pinpoint exactly what it is that bores you. Are you tired of doing the same old exercises at the same old time in the same old place day in and day out? If so, then it's time to make some changes. Run around your neighborhood in the morning on

some days and swim at the gym in the evening on others. Varying your routine helps keep boredom at bay.



Keep your workouts interesting by incorporating gadgets and entertainment into them. Get a heart-rate monitor and use it during your workouts to make sure you're reaching your potential. Watch TV or listen to music to make your workouts fun.

Make small changes in your exercise routine, whether in activity, timing, location or frequency and duration. If that's not enough, you may need to make bigger changes, like trying an adventurous sport, participating in a team sport or finding an exercise buddy. Often people become bored with exercise because they do it alone. Time flies when you have someone to talk to while you are

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