



## BONUS ARTICLE

### Stuck in place? 4 questions to help you find an activity you love

Perhaps it's tough for you to take the first steps toward being more active. Maybe your enthusiasm for exercise is waning. If you're feeling stuck, these questions can help you find an exercise routine that's a good fit:



**1. Why do you want to exercise?** Perhaps you want to get in shape, meet people, or learn something new. Maybe your doctor has told you to lose a few pounds. Whatever the reason, look for a fitness center, community program, or online fitness class that fulfills that need.



**2. Do you prefer exercising alone or in a group?** If you like going it alone, try swimming, running, or biking. Work with a personal trainer or try an online video program. If you love group activities, join a fitness class, sports team, or biking club.



**3. What time of day is best?** If you're a morning person, set your alarm 30 minutes earlier than usual and devote that half hour to pursuing your favorite physical activity. If you're a night owl, try exercising after work.



**4. Which activities suit your lifestyle and schedule?** If it's tough to make it to the gym, set aside shorter periods of time during the day for a walk or jog. If you're free after work or on certain days, look into fitness classes, tennis programs, or dance lessons.

Aim to try your new activity for a few weeks. If it's not for you, move on to another activity. While you're trying out an activity you're moving. That supports good health.



### Should I check with my doctor?

For most people, it's safe to do moderate activity. If you have a chronic health condition, such as diabetes, talk to your doctor about activities that are right for you. Also check with your doctor if you are overweight and want to pursue a vigorous activity, such as jogging. ♦