

Motivation for exercise

What motivates you? Establishing rewards, accountability, and support systems can all be important in maintaining a program, especially when starting or changing something. Rewards can help start and sustain behavior by focusing on the possibilities and opportunities rather than focusing on failures. Another component in changing is to enlist support. By asking others for help, allow others to support you while making changes. Some possible ideas to enlist support: include creating a walking group at lunch, meeting friends to eat your healthy lunches, sharing meals with a partner when out to eat, giving compliments, or e-mailing a relative to check in on your progress.

Source: [UI Wellness](#) at the University of Iowa