

How to develop the habit of Exercise

It takes 21 days to develop a habit according to the study conducted by Dr. Maxwell Maltz. But the struggle in reaching your 21st day and the consistency after is the real challenge in developing the habit of exercise.



By Rose Ann Jaim

If you want to achieve something in any specific area of your life, setting your personal goal in a SMART (Specific, Measurable, Attainable, Realistic and Time Bound) way is very important. This goes the same when you want exercise to become a habit.

First, you need to decide that you want to do it. Then you make a plan on how you can achieve it. In planning, you need to include the number of days you can commit to doing the exercise and the kind of activities you may want to include in your routines. It is also important for you to think of effective ways for you to be reminded by your goal in order to keep your motivation. You may use your phone, Google calendar or any writing board if you are a visual person.

You don't need to start big, you can begin with 10 minutes, 15 minutes, 20 minutes every scheduled workout while you adjust yourself to little changes. Your body is the only place for you to live in. If you take care of it now, it will take care of you in the future. Do not take it for granted. Stop making excuses and start taking action now. You can develop the habit of exercise. Yes, you can do it!