

Joining the Gym

13. How do I motivate myself?



ADVOCACY

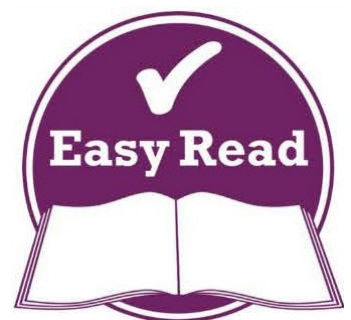


KNOWLEDGE



COMMUNITY

DEVELOPMENTAL DISABILITY *wa*



How do I motivate myself to go to the gym?



Make it fun. Choose exercises that you enjoy.



Find a personal trainer who can help motivate you.



Set goals for going to the gym.

Talk with someone about your exercise goals.

Some big goals might be



To have more energy to do jobs around the house.



To fall asleep quickly and stay asleep through the night.



To be stronger so I can carry my shopping.



To be fitter for the sport I play.



To lose weight to be healthier.



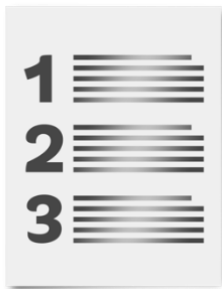
To meet new people in my community.



Plan to reach your big goal.



I will go to the gym for 1 hour, twice a week.



I will follow my exercise program.



I will attend a group fitness class twice a week.



Put the times you will go to the gym in your weekly calendar.

Keep a journal of how you feel about exercise. You could write about

- How do I feel?
- Do I sleep better?
- Do I have more energy?
- Did I have fun?
- Did I meet some new people?





Check your progress.

How much weight did you lift for each exercise?



How long are you able to stay on the exercise machine?



If your goal is to lose weight are your clothes any looser?