

# Where to Get Started When Physical Activity is New



If it's been a while since you've had a daily exercise routine or you've never had one, it can be difficult to get started and even more challenging to stick to it. Here are four tips for getting started building movement into a routine you can stick with.



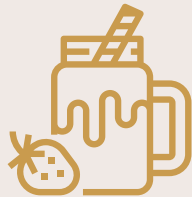
## START SMALL

It's easier to create a habit of simple behaviors. Start out with small goals that are achievable and build from there.



## ACTIVITY TYPES

Any activity that gets you moving counts! Think about the hobbies and interests you already have. If you're still drawing a blank, try a few different things.



## REWARD YOURSELF

Another tip for creating a movement habit that will last is to reward yourself. Knowing you've earned a delicious smoothie or an extra episode of your favorite TV show will help keep you motivated on the days when feeling better isn't enough.



## MAKE IT SOCIAL

Exercising with a partner, be it a friend, partner or even your kids, is another way to help keep you motivated. You'll get the benefit of movement but also the time spent together.

### References:

[www.psychologytoday.com/us/blog/taking-it-easy/202001/how-long-does-it-take-form-new-habit](http://www.psychologytoday.com/us/blog/taking-it-easy/202001/how-long-does-it-take-form-new-habit)