

Staying Committed



While enthusiasm is important when starting a fitness program, it is just as important to ensure motivation and commitment for the duration of the program. No one wants to burn out on their fitness goals before they begin making positive lifestyle changes.

Reach your goals

With exercise and a healthy diet, you are less likely to develop a chronic disease, and you gain physical strength, have more energy and look better! These are great reasons to give yourself the gift of health! And remember, the health benefits of a good diet and exercise are not only for yourself, but you are giving a gift to the people you care about.

To help you stay committed to your health and fitness goals, make sure to give yourself time after strenuous workouts to allow your body to recover. Pace yourself with your activities, and avoid trying to do it all at

once. Make certain you get plenty of rest, and vary your exercise routine to stay motivated.

Another way to stay committed is to fill out the Texercise Pledge Sheet.

Hang it in a visible place so that it can serve as a daily motivational reminder to continue on your path to a healthier you.

These tips, along with your enthusiasm, will help you stay committed and you will begin to see the results!

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