

10 Ways to Get Started to Workout When You Can't Make Yourself Move

1. When the Alarm Goes off, say, "It's just the 10 seconds of getting out of bed that are painful."
2. Tell yourself you only have to go to the gym for 15 minutes or run a few blocks. Often once you are out, you'll do more.
3. Have everything prepared the night before – clothes laid out, gear in the car, coffee ready to go.
4. "Don't think, just do." Don't let yourself think of why not or how long. Just start the first step.
5. Make a date to work out with a friend.
6. Bribe yourself. Promise yourself a (non-food) reward when you are finished. Indulge in a hot bath, your favorite TV show, leisurely internet time, or reading.
7. Play your workout music to get you pumped up and out the door.
8. Set a goal. Nothing is as motivating as knowing a 5K, triathlon, or fitness challenge is on the horizon.
9. Say to yourself, "All athletes work out when they don't feel like it sometimes. Strong, fit people go anyway."
10. Focus on the reward. Think about how good you will feel after you are finished, the weight you've lost, the fitness you've gained, and all the reasons the workout is worth it!