



Fall in Love with Fitness
Finding the Motivation to
Keep Going



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The Benefits of Exercise:

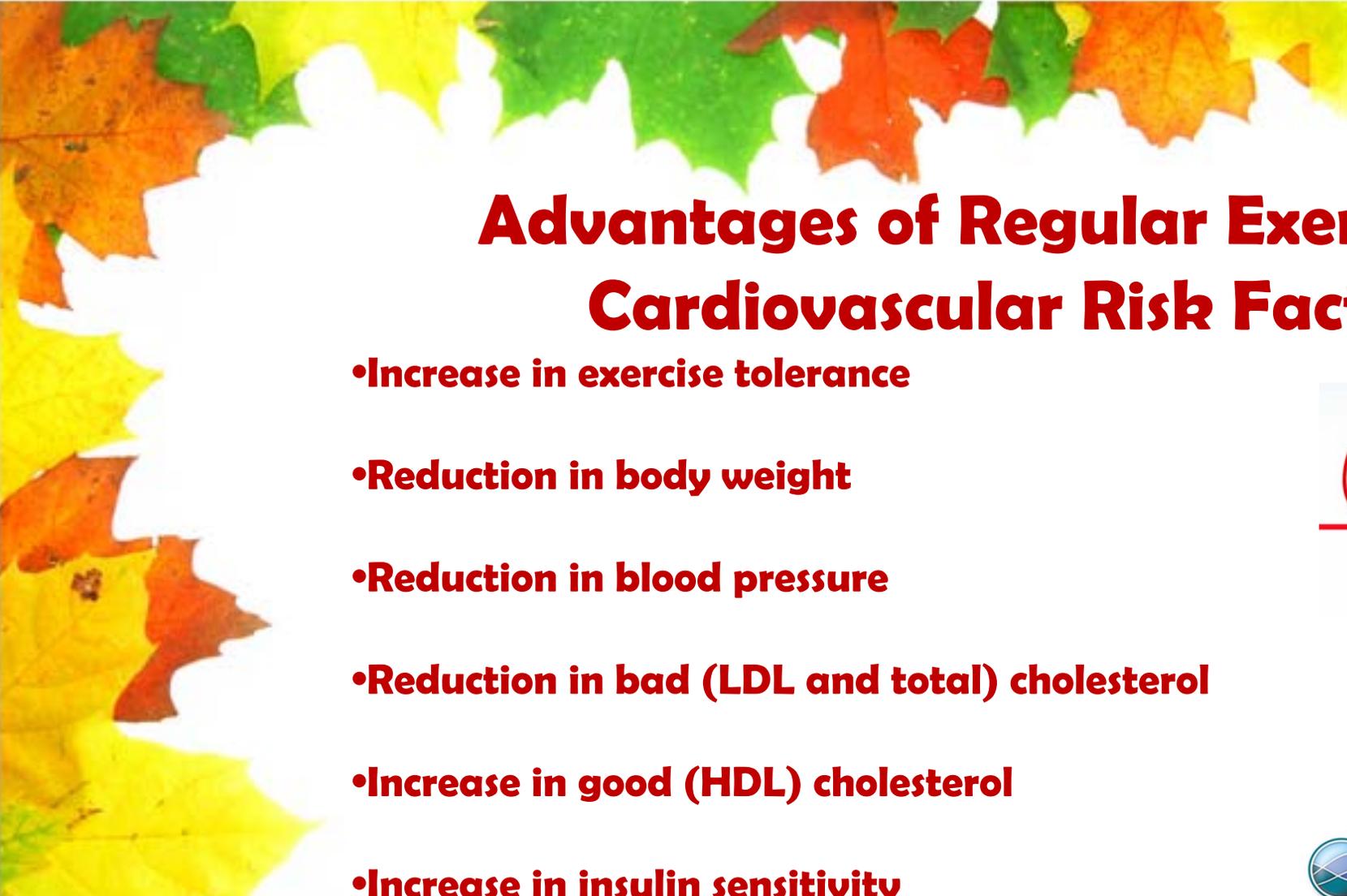
A sedentary lifestyle is one of the 5 major risk factors for cardiovascular disease (along with high blood pressure, abnormal values for blood lipids, smoking, and obesity), as outlined by the American Heart Association.

Evidence from scientific studies show reducing these risk factors decreases the chance of having a heart attack or experiencing a cardiac event. Regular exercise has a favorable effect on many of the established risk factors for cardiovascular disease.



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Advantages of Regular Exercise on Cardiovascular Risk Factors

- **Increase in exercise tolerance**
- **Reduction in body weight**
- **Reduction in blood pressure**
- **Reduction in bad (LDL and total) cholesterol**
- **Increase in good (HDL) cholesterol**
- **Increase in insulin sensitivity**





Steps to making exercise a priority:

1. Start slow:

- **It is important to start slow with something you enjoy.**

2. Reasonable Goals:

- **It is important to set realistic and reasonable goals that you can achieve.**

3. Designate Certain Days and Time:

- **It's important to set realistic and reasonable goals that are attainable.**



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Steps to making exercise a priority:

4. Change it up:

It is ok to change your routine every few weeks to keep your workout interesting.

5. Reward Yourself:

Rewarding yourself is a great incentive to work out even harder. It is very easy to lose sight of your ultimate goal.

6. Never give up!

No matter the circumstance, never stop running towards what you want to achieve.



Steps to making exercise a priority:

7. Change your perspective:

- **Shift your thinking from couch potato mentality to thinking like an athlete.**

8. Reach out to others for support and motivation:

- **Surround yourself with others who motivate and support you, find an accountability partner for the workouts.**

9. Sign a commitment contract:

- **We can make promises to ourselves all day long, but research shows we are more likely to follow through with pledges when we make them in front of friends.**

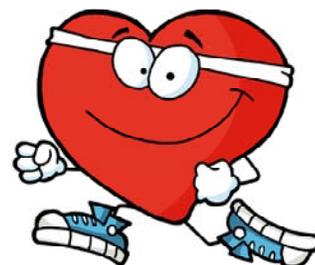
10. Have fun!



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- **Exercise should never feel like a chore.**
 - **It should be a priority, an activity that fits into your daily routine.**
 - **Whether you are busy with carpool or working a 10-hour day, making exercise a priority is beneficial to you and your own body.**
 - **It is easy to get distracted and even easier to give up if we are not seeing results as fast as we would like.**
 - **If your mind is strong, your body will follow. Don't let excuses and the afternoon munchies stand in your way of that body you've always dreamed of.**



**A healthy lifestyle is forever!
Not something that happens for a year and
then dissipates. It is OK to have an off day
and want to be lazy.....
But it is important to fight through the stress,
the long days and busy schedules.
Push through your workouts and your journey
to a healthier lifestyle.**



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