



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## HOW TO BE SUCCESSFUL WITH YOUR EXERCISE ROUTINE...

When I think of the magic word that drives success it is mindfulness. As we approach our new plans this year and perhaps new routines, one of the strongest predictors of exercise adherence is consistency in efforts. Mindfulness, consistency, routines...all words that we latch onto or don't, but the amazing results we all desire resides in our efforts to be mindful of our actions and to be consistent with your exercise routine.

The next predictor of exercise success is a supportive environment that fosters consistency. Take a moment to examine your surroundings, your work environment, ease of access to a workout facility, and make a commitment to yourself to be mindful of all the factors that contribute to your success. We all need different levels of support to make this happen, and what better way to figure out what support you need than by being mindful of it. Ask your friend to be your accountability partner, sign up for a new app that tracks your progress; get that t-shirt that they award you for reaching certain levels. We are driven by factors that only we know best and we must be realistic about the outcomes.

What next? Stay in the moment. Where we are now is not necessarily where we were before or where we're going to be in the next 3 months. Life circumstances contribute to our success sometimes more than our motivation. And as life happens, we must forgive ourselves. The excuses only start piling up to be barriers to success. When we are mindful of the reality of what life brings us, we are better prepared to overcome those barriers.

The YMCA focuses on these aspects when our Wellness Coaches meet with you to discuss your goals. We want to help you be the most successful you can be, and we even check on your progress. If you are new to exercise or training for a competition, our Wellness Coaches offer the realistic check-ins to help you be mindful of where you're at today, in your exercise routine, to be most successful in the future.

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