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I work one-on-one with extremely busy executives to create routines that include sustainable exercise habits.

Question:

I travel about a week a month, and am not consistent in any form of exercise. How can I stay motivated to work out?

A point to ponder:

One element of any long-term exercise regimen is a mixture of events. Have you found, in the past 2-3 months (or more), that you've fallen into a routine of working out with little variation and a lot of repetition? Personally, I have found that I need to re-evaluate my training program every 3-6 months with a coach or mentor. What could you do to "mix it up" a bit?

If you are a runner – even a part-time, once-a-week-or-less runner – consider participating in a local event. The spring will be full of 5K races that dozens to hundreds of people will participate in. Although some people train all year for these races, it's always possible to find a middle of the pack runner and pace yourself much more comfortably during the run.

Inevitably, when you do decide to participate in some "organized" event, a walk, a hike, an aerobics fundraiser at your local club or gym, you will begin to change your motivating factors. Variety is a important key to creating and maintaining a health and fitness program in your life.