**What Type of Exercise is Right for Me?**

Do you cringe when you see the word ‘exercise’? The thoughts of the treadmill screeching to an incline or going down for a pushup can leave a bad taste in a lot of mouths. Exercise is not often viewed as a fun or something that folks look forward to each day. But in one trainer’s opinion, a lot of that negativity is caused by the bad vibes working out has gotten due to the stress of fad dieting or being self-conscious about setting foot in a large gym setting. The good news is that you don’t have to either of those to inject exercise and fitness into your lifestyle.

Weight training; swimming; running; circuit training; biking; roller blading; yoga; aerobic equipment such as an elliptical; and even doing jumping jacks on your living room floor are just a few examples of different types of exercise that can help you become very healthy and work towards your fitness goals. The challenge here is to decide what type of exercise will keep you motivated and accountable to yourself along your journey. If you don’t enjoy running on a treadmill, I would not recommend planning on running for the months to come. However, if swimming at the local YMCA interests you, maybe that is your answer to a routine that will work into your lifestyle and more importantly, STAY in your lifestyle for a long time. Making a decision on what you feel will work for you in the first step. However, it is not the only one.

All must put safety as a main priority when designing or choosing your program. There are a lot of workouts and plans now that many people should not be doing. It could be too intense for a beginner or could cause serious injury and/or aggravate existing injuries. Doing some research from certified and educated professionals, or seeing a fitness professional may be beneficial if you feel you’re classified with an injury that may need to be given caution when exercising.

Finding adequate time to accommodate your program and allocate the energy to work out might be the most challenging aspect of this task. High-stress careers, kids, and the Stanley Cup are all parts of life that can soon lead to excuse making on why you could not exercise that day. Obviously we all have our personal and professional responsibilities; so finding time each week to fit in your exercise can literally take some strategic planning to map out. It could be the most important part though because one excuse can soon lead to another and all of a sudden you’re back where you started only a few short months later. I have written in the past on how it does not take tremendous resources to design a program and how writing your goals down can help in magnificent ways. Both can apply to a situation like this.

Lastly, having a positive support system can help you in immense ways along your journey of fitness. Whether that’s a spouse back home motivating you to get up when your alarm goes off at 5am for your morning run or a work-out buddy that you meet at the gym each day after work; it’s vastly important to have someone that’s pushing you to accomplish your goals each day.

You certainly do not need to be a gym rat to insert an exercise routine into your lifestyle and have it stick. Finding what program works for you is one of the main parts of the journey of fitness. But keep in mind that it’s a positive, exciting journey that can contribute mightily to your life. Experiment, make it a priority, and enjoy!