



## Exercise Variety Spices Up Your Workout



### **Bored with Exercise? Spice it Up!**

Exercise variety may be the key to sticking to your workout regime. A study by the University of Florida at Gainesville found that doing the same form of exercise repetitiously increases your chances of giving up, but motivation may grow with exercise variety.

Blame it on sheer boredom: "It gets monotonous if you're doing the same thing over and over," says researcher and assistant professor at the department of exercise and sport sciences, Christopher Janelle.

Janelle says adding some variety to your exercise program will keep you motivated: "If you vary the routine, there's a significant increase in enjoyment that leads to greater adherence."

### **The Study**

One study group varied their exercise; another group performed the same exercise at each workout; a third group followed no regulations.

Out of the 52 participants who dropped out by the end of the study, many of them were part of the non-varying group.

According to Janelle, "There were significantly fewer individuals in the variable group that dropped out."

The variable group also found exercise to be 20% more enjoyable than members of the second group, and 45% more enjoyable than the no-rules group.

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### **Mix it Up to Stay Motivated**

It's easy for exercise newbies to get stuck in a rut, so it's crucial to be willing to try new things from the start. As long as you've got your doctor's approval, don't hesitate to try something new. If you're new to exercise, you may be surprised at how many different activities suit you.

It's like one of my Mom's favorite questions: "How will you know if you like it or not if you never try it?". Of course, she was asking about Brussels sprouts, but thanks to this study's findings, we know that question applies to exercise, too!

### **Do What You Like**

The key word in Janelle's theory is *enjoyment*. When you first start working out, you're vulnerable: You have some weight to lose and moving isn't always easy when you're carrying those extra pounds. It's all too easy to give up.

But by trying more than one type of exercise, you are virtually guaranteed to find one (or more) form of exercise that you truly will look forward to doing regularly. Keep mixing it up by trying more new things, while sticking with those you've found to be your favorites (Remember, you probably won't be able to force yourself to keep doing something you don't enjoy in the long-run.).

In the end, your willingness to try new things will lead to greater dedication ... which pays off in pounds lost!

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