

## **TIPS TO HELP YOU STICK TO YOUR EXERCISE PROGRAM**

Sometimes it seems difficult to continue an exercise program. Here are a few tips to keep you going:

- Fit your program into your daily lifestyle
- Exercise with your friends
- Incorporate music into your activity
- Vary your activities frequently, cross train
- Reward yourself when you reach a fitness goal
- Avoid a complicated exercise program; keep it simple
- Measure your improvement by keeping a log or diary
- Take some time off to rest and recuperate
- Keep in mind how important physical activity is to your life and health

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