

MOTIVATION, STEP BY STEP.

Having trouble getting motivated? Be kind to yourself. Don't beat yourself up for missing a workout (or ten). Punishing yourself for missed workouts can begin a vicious cycle of self-defeat and will only hold you back. Today is a clean slate and great day to start! If motivation is your obstacle, baby steps are key. Try this: work out for ten minutes. (You read correctly. Just ten, 1-0.) Even if you get started and feel like you could go for an hour, stop after ten minutes. You'll feel a sense of accomplishment for taking the first step towards a goal - and you won't be down on yourself if your next workout falls a little short. Slowly work towards longer workouts, and remember - whatever your goal - you don't have to tackle it all at once. Take it one day at a time. Still feel overwhelmed? Try an app! We love *My Fitness Pal*.

What's the key to lasting motivation? Finding activities that work for YOU and keep YOU engaged. Not a fan of the gym? Take a walk! Does the thought of exercising bring you down? Do something fun that feels more like play than exercise! Join a kickball league, take a Salsa class or check out one of our faves, Sky Zone -- an indoor trampoline center guaranteed to make you feel eight years old again!

Spice up your workouts with a little variety! Print this page, and then take a few minutes to jot down out-of-the-box activities that interest you. We've written down a few fun ideas to get you started. Cut out your list and keep it posted in a conspicuous place. When you need a kick-start or feel the need to add a little punch to your regular routine, do one of the fun activities on your Heals in Motion List!

My Heals in Motion List:

- go roller skating
- try aerial yoga
- take a hip-hop dance class

Let us know what you're doing and what keeps you motivated using #HealsInMotion on Twitter and Instagram. We want to help you get started! If you're a young survivor, contact us to find out about special offers available to you at local fitness facilities!