

How to keep your New Year's exercise mojo all year long

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(HealthDay)—If your New Year's resolution to get regular exercise is

waning, there are a number of ways you can maintain your momentum, a nutrition expert says.

First, you need to have realistic goals, said Emily Dhurandhar, visiting assistant professor of [nutritional sciences](#) at Texas Tech University.

"Self-efficacy, or confidence in the fact that you can achieve something, is a large part of sticking to a fitness regimen. When setting your goals, stick to what you know, since self-efficacy usually comes from having done something before successfully, and make sure you are 100 percent confident it is something you can achieve," she said in a university news release.

"You are in this for the long haul, and consistency is the name of the game. Running 1 mile a day for a year is much better than trying to run 3 miles a day and quitting after the first month," Dhurandhar added.

Thinking that exercise alone will help you shed large amounts of [weight](#) could lead to frustration and disappointment. Physical activity needs to be combined with other lifestyle changes, she said.

"Exercise without any other significant changes in diet usually only produces a few pounds of weight loss," Dhurandhar said. "Instead, look for results in your energy levels, your mood, your strength and [physical functioning](#), and inches lost. Even consider the fact that exercise plays a big role in maintaining body weight and consider that weight maintenance can be a victory."

For those who are trying to shed pounds, she suggests talking with a dietitian to make sustainable changes in your eating habits that go beyond fads.

Feeling anxious or depressed is one of the main reasons people give up

on [exercise programs](#). If you have concerns about your [mental health](#), consider being evaluated by a professional, Dhurandhar said.

She also recommends getting the support of family and friends and setting aside the necessary time for your workout program.

More information: The U.S. National Heart, Lung, and Blood Institute offers a [guide to physical activity](#).

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