

Enhancing Exercise Motivation

Dr. James L. Kuyper

Exercise is a health-promoting behavior that is essential for maintaining good health. However, many people do not exercise regularly. One of the reasons for this is a lack of motivation. This presentation will discuss strategies for enhancing exercise motivation.

- Set realistic goals.
- Find a workout partner.
- Vary your routine.
- Reward yourself.
- Focus on the benefits.
- Stay positive.

Enhancing Exercise Motivation A Guide To Increasing Fitness Center Member Retention

Emilie Sanchez



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