

# My body loves exercise

## My body loves exercise.

I am eager to work out.

I start my day with a morning run. I keep my sneakers by my front door. I explore the forest trails at my neighborhood park or use the track at a nearby high school.

I visit the gym at lunch. I take dance classes or work with an instructor.

I train at home after work. I design a space where I can move around freely. I lift free weights or do mat exercises. I ride a stationary bike or climb a stairs machine.

My workouts are balanced, safe, and effective. I train for heart health, strength, and flexibility. **I listen to my body and talk with my doctor about any concerns.** I take days off to rest and recover.

My workouts are social and fun. I invite family and friends to join me. I find a variety of activities that I enjoy. I keep things fresh and interesting.

**I find ways to exercise even when my usual schedule is disrupted.** I do multiple

mini workouts when I am entertaining house guests. I look for hotels with fitness centers when I plan business and vacation trips.

**I stay active between workouts too.** I take the stairs instead of the elevator. I stand up while making phone calls. I ride my bike to work. I pull weeds in my garden and clear old boxes out of my basement.

Today, I keep my body strong and fit. Regular exercise makes me happier and healthier.

## Self-Reflection Questions:

1. What do I enjoy about working out?
2. How can I feel more comfortable at the gym?
3. How can I set realistic exercise goals?