

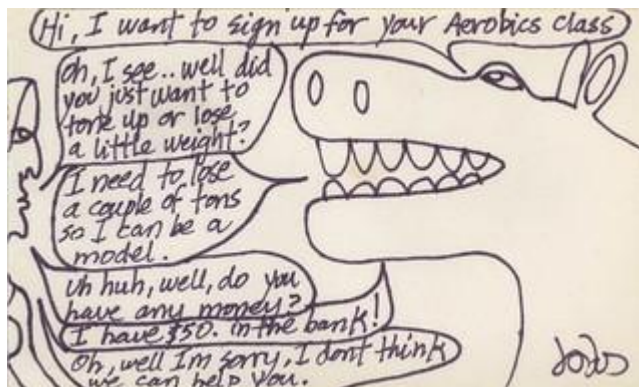
Healthy Habits

from Prime of Life Fitness

Are You Exercising for the Right Reasons?

Did you know that your reasons for exercising will influence how long you stick with it? And did you know that exercising to lose weight or reshape your body is one of the worst reasons to work out?

A study by researchers at the University of Michigan found that women who exercised for a body shape motive spent about 40% less time exercising than women who worked out for other reasons such as to reduce stress or increase their sense of well-being.



The study of women in their mid 40s found that women who exercised with the intention of losing weight or reshaping their bodies typically chose workouts based on the amount of calories they could burn rather than how much they actually enjoyed the activities--a sure recipe for eventually giving up.

Women who worked out for general health reasons or out of an intrinsic enjoyment of the activities spent more time exercising (often at lower intensities) and were more likely to participate long-term.

So what if you really do need to lose weight or reshape your body by adding lean muscle tissue? Try keeping your focus on other reasons to exercise and trust that the weight loss and body changes will eventually happen (because they surely will if you stick with it long enough).

Action Item: Can you identify other [benefits of exercise](#) you enjoy besides a lower number on the scale? What are some activities that you truly enjoy that give you some of those benefits?

Segar, Michelle; Donna Spruijt-Metz and Susan Nolen-Hoeksema. Go Figure? Body-Shape Motives are Associated with Decreased Physical Activity Participation Among Midlife Women. *Sex Roles*: February, 2006, vol 54, no 3-4, pp 175-187.

(Image credit: [Wonderlane](#))

Does your church group, company or civic organization need quality health and wellness programming for its members? Prime of Life Fitness offers presentations, workshops and classes tailored to your needs. See our [Wellness Classes and Workshops](#) page for more details.



This email was sent to email@domain.com by
www.primeoflifefitness.com

[Click here to unsubscribe](#)

Prime of Life Fitness

P.O. Box 1561 Wheat Ridge, CO 80033

powered by [HubSpot Inbound Marketing Software](#)