Email #4:

Complementary Blog Post: Be Adventurous: Try Something New For Your Exercise

Subject: Why Trying Something New in Exercise is Important

Hi [firstname],

People are creatures of habit and this is true for every part of your life. You eat the same foods, you go to the same restaurants, you watch the same movies, you follow the same routine – it is in your DNA to do the same things. There are reasons for this. If you had to switch everything up every day it would be exhausting – both mentally and physically.

One aspect of your life you should think about switching up every occasionally is your workout routine. There are several reasons to consider this. Take a look below:

1.Work Different Muscles

When you’re doing the same type of workout you’re going to be using the same muscles all of the time. This could cause you to reach a plateau in your fitness goals. No one likes to hit a spot in their training that they can’t seem to get past.

By finding a different form of exercise you’ll be using different muscles in different ways and this will help you with your plateau.

2.Can Add Spice to Your Workout Routine

Create variety to keep exercising regularly. By doing the same routine you’re going to get bored once in a while. Switch from running every day to taking dance lessons for a few weeks. You could also swim, take yoga lessons, go on hikes, surf or weightlift.

3. Figure Out What You Like

Trying new activities will help you figure out what you enjoy doing. You’ll never know that you like archery, rock climibing, gymnastics, ballet dancing or wind surfing if you never give it a try. You could discover that not only do you enjoy doing this new activity, but you’re really good at it as well.

Brainstorm everything you have every wanted to try and then look around your area to see if they offer it. You might be surprised at what you find once you start looking.

Some areas offer “open gym” so that you can try the sport without purchasing an entire month. Or call around and ask for a free lesson.

Figuring out the activities that you enjoy will keep you fit and it won’t feel like exercise.

4. Affects Different Parts of Your Brain

Can you believe that the exercise you are doing affects different parts of your brain? Yoga helps with your emotions while lifting weights will help with your problem solving skills.

So if you’re looking for a certain outcome you’ll need to find activities that impact that part of your brain. For example depression needs physical fitness or a more vigorous type of activity to help your blood pump more oxygen to the brain.

If you’re looking for new exercises to try – check out the new blog post:

LINK

You shouldn’t be dreading your exercise every single time you go to do it. There are so many activities to take part in. Find one that fits you and do more of that. Brainstorm your list and start crossing them off to figure out what you like to do.

[Sign off]