How To Get Off The Couch and Start a Walking Routine

Hello [[firstname]],

You already know ways to get out of the holiday slump and start exercising if you read today’s blog post. This email is going to go over starting a walking routine specifically.

[Insert Link]

Walking is one of the best workouts you can do, and it doesn’t require any special workout equipment. The problem usually has more to do with finding the right motivation. The following tips will help get you off the couch and started on your walking routine.

**Start Slow**

One of the problems with motivating yourself to get up and start walking is being intimidated because you aren’t accustomed to physical activity. However, this shouldn’t keep you from trying. The more you walk, the more your body gets used to it, and the easier it gets for you. Just try to walk for 5 minutes a day for the first few weeks. When you get used to the activity, increase it just by 1 or 2 minutes every week, gradually walking more and more every week.

**Keep Track**

Another good way to motivate yourself to start a walking program is to keep track of it. This lets you see your progress and gives you something to record each day. You can schedule the walking into your daily to-do list, then when you walk, you check it off and put it in whatever tracking app you are using. This can be something you share with friends or family so that they can do the same. Using a Fitbit is another fun way to challenge each other on your walks.

**Get Fun Workout Gear**

Believe it or not, the type of gear and accessories you have can make a big difference in your motivation. If all you have are your boring t-shirt and sweats and the same shoes you have worn for the past decade, it might not seem too exciting. But if you can start out with a brand new pair of shoes and a cute workout outfit, along with your new Fitbit or earbuds, then working out has become more entertaining. Try to find a short or pants with a pocket for your cellphone so that you can listen to music or an audio book while you exercise. This further motivates you to continue with your workouts.

Look out for future emails and blog posts about exercising during the holidays.

[sign off]