5 Ways to Keep Active When You Don't Feel Like It

The hard part about being more active is when things come up, you get busy, or you simply lose interest in exercise. The following tips are going to help you stay active even when it is the last thing you want to do.

**1. Do More Housework**

To start the New Year off right, you can get more active simply by doing more housework and yard work on your own. If you currently have a housekeeper, reduce their hours, which can save you money and get you moving at the same time. If you don’t want them to lose some of their income, then consider doing more of the yard work or starting a garden, which gives you more to do. You can also set goals like cleaning out the closets or organizing the garage.

**2. Find Fun Activities**

Exercising can be a bore which causes you to lose your focus on being active pretty fast. Instead of just going for a run or using an elliptical at the gym, find exercises or activities that are fun to do. Instead of a walk on the treadmill, drive to a local lake and walk around it once or twice. Try indoor rock climbing, get a trampoline, or exercise in the backyard with your dogs and kids. There are a lot of fun activities that also keep you more active.

**3. Think About Your Lifestyle**

You also need to take into account the type of lifestyle you have. If you tend to be very busy in the morning, don’t try to set workout goals for making it to the gym before work. You probably won’t be able to keep up with it for too long, and you are only setting yourself up for failure. When choosing how to be active, be realistic with your lifestyle. A better option might be exercising in the living room after dinner, since you don’t have to drive anywhere and that is when you tend to have more free time.

**4. Start Walking Faster and Up Hills**

When you are walking, even just at the mall or in a parking lot heading into work, change how you walk. Tighten your abdominal muscles, walk a little faster and with larger strides, and try to find the more difficult route. Go upstairs instead of using an escalator, or stand on your tip-toes when you are riding an elevator. There are a lot of little ways to get more of a workout.

**5. Start Moving Your Body More**

Being active is often just about moving your body. Find little ways to get some accidental movement, such as spending family time playing fetch in the backyard or dancing in the living room instead of sitting down and watching TV. Look for little opportunities to move around more.