**Motivation in March**

Finding it hard to stay motivated? Warm weather is just around the corner and before we know it, we’ll be wanting to wear our Spring and Summer clothes. Here a few tips to help keep you motivated to work out and get ready for the warm season!

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1. Keep an exercise log to keep yourself accountable and to avoid large gaps of time between workouts
2. Take pictures to help you see your progress – we often don’t notice changes in our own bodies because we see ourselves everyday

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1. Wear the right gear – being comfortable during your workout is a must, and buying new workout clothes can make it more exciting to go out to the gym
2. Change your routine frequently – Monotonous workouts can make you bored and hinder your motivation *and* success! Try new things to keep it interesting.
3. Schedule your workout time – Many of us have busy days and time can often become an excuse to not work out. If you plan and set the time aside, you are eliminating that excuse.
4. Get a workout partner – Find a friend with similar interests who will keep you accountable for a weekly run, bike ride, or weight lifting session.



1. Reward yourself – When you’ve stuck to your goals for a set period or when you’ve accomplished something new, treat yourself to a new outfit, pair of shoes, cd, or something else you’ve been eyeing.



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