**SUBJECT: How to start excercising and love it**

You have heard it before; exercise is good for you. You know it; you don’t doubt it, you have probably even said it to others. But... you aren’t doing it. Somehow, you have gotten out of the habit of exercising regularly, and now you can’t remember the last time you had a good workout.

That’s okay, it happens to all of us, and it’s not your fault. There are family pressures, work issues, and time constraints. The bottom line is that for all kinds of good reasons, you no longer work out on a regular basis.

There is an easy solution. Just make the workouts fun and short. Make them enjoyable.

So, how to start exercising and enjoy it, so that you will continue to do it on a regular basis? First, make it a short workout. Do you think that within your busy life, you can figure out a way to exercise for 15 minutes a day? And that you can do that just 4 days a week? Of course you can.

Take your busiest three days each week, and put them aside. Plan on not exercising those three days each week. No matter how much you may want to exercise those three days, force yourself to not exercise those three days.

The second step, believe it or not, only involves your mind. Negative thoughts about exercise and the excuses we all have for not exercising come from where? They come from our minds. How many times have you thought things like; I don’t like to exercise, I don’t want to exercise, I’m too tired to exercise, I’m not athletic, and nothing I do will change that, exercising isn’t fun, etc.?

The good news is, you can replace those negative, exercise defeating thoughts with positive, exercise inducing thoughts. And you can do this just as fast and easy as thinking about it.

Let’s start out by replacing those negative thoughts. Right now, as you read this, tell yourself the following; I like to exercise, I want to exercise, I have plenty of energy to exercise, exercise is fun, and I look forward to becoming more athletic. Put these thoughts into your mind every day. As soon as you get up in the morning, repeat these positive thoughts. It often helps to write them out.

The third step is doing the actual 15-minute exercise program. Your mantra above will help, and you may want even to start going for a daily walk of 20-30 minutes today. With the right mindset, you will love it!

Warmly,

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