Mistakes to Avoid When Exercising

Everyone knows exercise is good for them, whether you are choosing to exercise to improve your mental health, get more energy, or for physical fitness purposes. The problem is that people make some mistakes along the way, which can make it hard to keep up your motivation and really benefit from it.

Here are some common mistakes to avoid when you start a new exercise routine.

**Doing Too Much, Too Soon**

When you first start, the examples you usually see are people who already have an exercise routine. You want to look and feel like they do, and as with many things in life, you want those results right now.  
  
However, the successful people you are trying to emulate have experience they’ve gained through trial and error. To avoid injury and disillusionment, you need to set up a routine for yourself that suits where you are at this moment.  
  
You do want to get healthier, of course, but you can only start at your current level of fitness. If you bite off more than you can chew at this point, you risk quitting before you have achieved your health goal.

**Setting Too Many Rules for Yourself**

The simplest way to quit before you accomplish your fitness goal is to make your routine too strict. If you are an early riser, exercising in the morning may suit you. If you’re not an early riser, exercising in the afternoon may suit your lifestyle better.  
  
You don’t need a slew of apps on your phone, a notebook or a stopwatch when you first start. If you set strict rules to follow before you know what you are truly capable of, you are setting yourself up to fail. Try a few different scenarios to see what works best for you.

**Exercising for the Wrong Reason**

When you exercise, your life is going to change. You want that change to be in a positive way which supports your mental health. If your only goal is to lose weight, you are missing out on the greatest benefit of taking care of yourself.  
  
Exercise affects not only your body but your mind and spirit as well. Take the time to decide exactly how you want your life to improve, and you’ll find your exercise routine becomes something you look forward to rather than dreading.

**Forcing Yourself to Do Something You Don’t Want to Do**

Exercise can be fun and relaxing. There are plenty of exercise systems for you to try. If you don’t like running on a treadmill, don’t do that. If you like the feeling you have after you’ve done a yoga routine, stick with that. Your body and your mind will thank you.  
  
Exercising does not need to be a battle. You will be much more successful in achieving your health goals if you avoid these four common mistakes. It’s your life, and you deserve to create the exercise routine that works for you.