Day 2 - Finding an Exercise You Love

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Yesterday, we talked to you about why you should try to create an exercise routine if you intend to use this for your anxiety and depression, so now it’s time to talk about the types of exercises you can incorporate into your routine.

Here are some tips for finding an exercise you LOVE – which is the trick to staying motivated.

**Exercise Should Not Be a Punishment**

The first thing to remember when choosing an exercise that you love and will stick to, is that you aren’t punishing yourself. This is not about working off calories you consumed or forcing yourself to do a workout you hate. That isn’t going to help your mental health, but instead cause a lot of unnecessary stress and anxiety around moving your body.

**Try New Things**

If you aren’t quite sure what types of exercise you will enjoy and will benefit from, just start experimenting and trying new things. Try exercises in and out of your house, from Tai Chi and yoga, to walking and riding a bike. If you enjoy nature, go for a hike, or stay indoors if you prefer to exercise at home. There are no rules here, but it does help to try new forms of movement as you never know what you will end up enjoying.

**You Don’t Have to Set Limits**

It is also important that you not try to set limits as it pertains to choosing the right form of exercise. You don’t have to do it a certain number of days a week, for 30 minutes or longer, or any other limits you used to set for yourself. Remember that this exercise is for your mental and emotional health, not weight loss or fitness.

**Try Group and Individual Forms of Exercise**

Lastly, don’t be afraid to try group exercise! Just because it is for your mental health, does not mean you can’t involve others. This might be with a local yoga or spin class, a class at your gym, or just grabbing some friends to walk at the beach or lake. Get out there and try new things.

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