Day 4 - Things to Remember Before You Start

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There are a few things that are good to keep in mind before you start on your exercise routine. The most important thing is that if you are exercising for mental health and emotional wellbeing, it should not be tied to any type of diet or weight loss program. More about that below…

**You Want to Feel Better, Not Worse**

By now, you probably have a good idea about your exercise routine, but there are a few more things we want to go over with you. First of all, make sure your exercise is going to make you feel better – not worse. It can be difficult to stop thinking about workouts for fitness and weight management, but that is essential. Avoid exercises that make you feel like you are punishing yourself or achieving some type of physique. This routine is for your mental health only.

**Make Exercise About Wellness, Not Weight Loss**

Again, choose exercises with the sole purpose of improving your stress, anxiety, and depression, not weight loss. This means if you don’t like cardio, don’t do it! Just choose exercises that you feel are really going to promote emotional wellness.

**Don’t Be Afraid to Involve Others in Group Activities**

Group activities are great because it allows you to be more social, even when you tend to isolate yourself when your mental health isn’t great, but also can encourage you to stick to your exercise routine. It can be something as simple as walking on your lunch break with co-workers, or taking your kids hiking over the weekend. Anything that involves others is going to help greatly.

**This Does Not Replace Professional Help**

Lastly, remember that the exercise routine is not meant to replace professional help. Continue seeking out help from a counselor or therapist for your mental health, and use exercise as an added way to ease your symptoms.

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