

CHAPTER EIGHT

# THE WAY YOU MOVE

NEAT, 10,000 STEPS,  
AND PUMPING IRON

## NEAT Ideas

A few ways to squeeze in the extra mile:

- Take the stairs
- Park farther away
- Get off the train one stop earlier
- Clean house
- Choose activities, not passivities (dancing anyone?)
- Wear a pedometer
- Carry all the groceries at once
- Visit coworkers instead of e-mailing
- Take the long way
- Have walking meetings

# 10 Tips for Starting and Sticking with Exercise

## 1. Commit to consistency

This is worth repeating. Make a commitment to sticking with your plan. If you find yourself not able to meet your goals, change them so they're easier.

## 2. Take baby steps

I jogged around the block for years before I got lost one day, accidentally ran eight miles, and decided marathon training no longer seemed so ridiculous. Don't expect to turn into Superman overnight. For now, just try to stop being Hedonismbot.

## 3. Pick an exercise that's fun

Not all exercise happens in the gym. Like to climb rocks? Shoot hoops? Swing the bat? Start with the fun stuff and work your way up.

## 4. Bring a friend, make it competitive

Having a workout partner is one of the most effective ways to be accountable and make your workout fun. Making it a competition is also great for motivation.

## 5. Join a sports team

Even better than one friend is a group of friends. Intramural sports teams are a fantastic way to squeeze in a few weekly workouts.

## 6. Get into music, podcasts, and audiobooks

If your schedule isn't conducive to group activities, your iPod has still got your back. Put together an inspiring workout mix, download some of your favorite podcasts and audiobooks, and whistle while you work.

## 7. Get a dog

You know what takes a lot of energy? Puppies! If you can't get motivated to exercise for yourself, at least do it for Fluffy.

## **8. Recharge with caffeine**

Sometimes a long day can make an evening workout seem impossibly difficult. At times like these, caffeine is your friend. After about half an hour you'll need to work out to burn off that extra energy.

## **9. Get some nice workout clothes, shoes, and MP3 player**

New toys are fun. Sometimes it's the little things that help the most.

## **10. Reward yourself**

Doing something consistently is an accomplishment, even if your actual task seems small and insignificant. If you've been exercising regularly, don't forget to pat yourself on the back for many jobs well done.