

Staying Motivated to Workout

Whether it be your New Year's Resolution or any other time of the year, it's easy enough to say you want to workout, but it's another thing to stay motivated and consistently follow-through. Often, the actual working out part isn't even the most difficult part.

The challenge comes into play when you need to motivate yourself to go to the gym or even work out virtually. Thankfully, there are plenty of resources available out there to help keep you on track. By following this guide, you'll be in a steady rhythm and routine in no time.

Track Your Workouts

We put this first because it is the simplest but also one of the most important things you can do to stay motivated. When you track your workouts, you also monitor your heart's BPM and calorie counts.

Tracking your workouts accomplishes two things:

- 1) Track your changes in real-time. When you track your workouts, you will see progression happening gradually as each day passes. Most trackers have a tool that puts your workout data into line graphs for you. This is a great way to see an in-depth look at your workouts.
- 2) Tracking your workouts helps you plan more efficiently. For example, you might notice that you are reaching peak performance after 20 minutes of one particular workout. So instead of continuing that same workout for another 10-20 minutes, you decide to try something new for the remainder of your workout. This likely isn't something you would be able to pull off without a tracker.

Once you see that your efforts are paying off, even if it's only a small amount, your motivation levels will increase.

Workout With a Friend

Working out with a friend is a great way to stay motivated because it helps to have someone there to hold you accountable. Sometimes when you're feeling lazy and wanting to skip the gym, your friend is there to tell you "no, we're going to the gym." Sometimes that extra boost is all you need to get to the gym.

Another great benefit of working out with a friend is sharing knowledge. You both are going to have your own workout routines, which means you'll be able to bounce ideas off of each other. You can help each other learn new workouts and possibly discover that you like one workout more than another.

Schedule Your Workouts

This method works especially well if you are the type of person who likes to follow a routine. If you start your weekly schedule and plan out time during the week to workout, you will be more likely to actually follow through with it.

The worst is when you go home after work and sit down on the couch, because then you know there's no way you'll be getting back up. But if you wake up and tell yourself "after work, I'm going straight to the gym for an hour," you are setting yourself up for success.

Make a Workout Music Playlist

It may seem simple, but having a playlist actually helps get the blood pumping. Are there songs that when you hear them, you can't help but tap your feet or do a little dance? The same logic applies here. There are some songs that are just great motivators for working out.

For whatever reason, music and working out are a combination that go together like peanut butter and jelly – both are good on their own, but are even better when they are together. Try it out and see if it makes a difference for you.

Try VR Fitness To Stay In Shape

As with other things in life, getting stuck in the same routine can get dull over time. Once you get sick of doing the same VR fitness game, it can ultimately become harder and harder for you to motivate yourself to workout. Thankfully, there are plenty of options currently out there to help keep you motivated, and more importantly, keep you moving.

Some of the most popular VR fitness games are Beat Saber, Superhot VR, The Thrill of the Fight, and BoxVR. That being said, they aren't your only options, there are even VR games and experiences out there that will let you exercise with your workout buddy! Do some research and check out other games besides the most popular ones, you might be surprised with what you find.

We get it – staying motivated to workout is easier said than done. It is one thing to start working out, but it's another to continuously do it. If you can find a way to keep yourself motivated, you'll see results and continue to do so.