

Name _____

Staying Motivated: The Secret to Regular Exercise

Short Answer

1. Explain the difference between intrinsic and extrinsic motivation in the context of exercise.
2. How can setting milestones help individuals stay motivated to exercise regularly?
3. Describe a scenario where external rewards can be a motivating factor for exercise.
4. Why is patience important in maintaining exercise motivation?
5. What is one strategy for overcoming time constraints as an obstacle to exercise?

