Name _____

Staying Motivated: The Secret to Regular Exercise

Open-Ended Response Questions

1. Share a personal experience where setting and achieving a fitness goal boosted your motivation to exercise.

2. Explain why finding an exercise activity you enjoy is crucial for long-term exercise motivation and provide an example of an enjoyable activity.

3. Discuss the role of social support and accountability in staying motivated to exercise regularly.

4. How can individuals adapt their exercise routine to stay motivated when facing changing circumstances, such as a busy schedule or physical limitations?

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