

Name \_\_\_\_\_

## Staying Motivated: The Secret to Regular Exercise

### Short Answer Key

1. Intrinsic motivation comes from within and is driven by personal enjoyment and satisfaction in the exercise activity itself. Extrinsic motivation, on the other hand, is external and involves factors like rewards, praise, or the desire to avoid punishment.
2. Setting milestones breaks long-term goals into smaller, achievable steps, providing a sense of accomplishment and motivation with each milestone reached.
3. External rewards can motivate exercise when individuals receive tangible benefits or incentives, such as gift cards, for meeting their fitness goals.
4. Patience is important because progress in fitness takes time, and individuals may not see immediate results. Being patient allows for gradual improvement.
5. One strategy for overcoming time constraints is to schedule workouts at specific times and treat them as non-negotiable appointments.

