

Name \_\_\_\_\_

## Staying Motivated: The Secret to Regular Exercise

### Open-Ended Response Answer Key

1. Responses may vary but could include stories of achieving weight loss goals, completing a challenging race, or reaching a personal best in strength or endurance.
2. Finding an exercise activity you enjoy is crucial for long-term motivation because you're more likely to stick with it. For example, if you love dancing, you'll look forward to dance workouts and be more motivated to do them regularly.
3. Social support and accountability can boost motivation by providing encouragement, companionship, and a sense of responsibility to others. For example, joining a running group ensures you have friends waiting for you on running days, making it harder to skip workouts.
4. To adapt their exercise routine, individuals can modify workout intensity, duration, or type based on changing circumstances. For example, if a busy schedule limits time for exercise, they can opt for shorter, high-intensity workouts or break exercise into smaller sessions throughout the day.

