



## Evaluating Your Exercise Regimen

Ask yourself these questions to determine how well your exercise routine is working for you:

- Are you missing workouts regularly because of conflicting activities? If so, you should probably find a different time to exercise.
- Are you skipping exercise after work because you are feeling too tired or have to run unexpected errands? If so, try getting up a half hour earlier in the morning to exercise.
- Are you skipping exercise in the morning because you can't make yourself get out of bed early enough? If so, try fitting in your exercise time before you go to bed at night.
- Is your irregular schedule causing you to skip your planned exercise? If so, you may need to revamp your exercise regimen each week. Use a weekly planner.
- Are you bored with your exercise routine? If so, mix things up. Here are a few ideas:
  - If you have been walking on a treadmill, walk the same distance outside.
  - If you are walking outside, choose a different route.
  - Mall walkers? Go to a different mall.
  - If you have been climbing stairs or using the Stairmaster, try the stationary bike a few times.
  - If you are getting burned out playing basketball, find an opponent and take a shot at racquetball.
  - If you can't stand the fancy aerobics video for one more minute, switch to yoga.
- Are you not feeling well after exercising? Are you wiped out at the end of a week? If so, you may be overdoing it. Although you should be increasing your activity level, make sure you are doing so gradually and comfortably, both in your daily routine and your weekly schedule.

For more information about this or other healthy weight management topics, contact your local **Health and Wellness Center (HAWC)** or **Dietitian** or visit the **SYFYW Community Website** at <http://airforcemedicine.afms.mil/shapeyourfuture>.

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