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Weekly Fit Tip

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HOW TO GET YOUR FITNESS GROOVE BACK
Staying Active to Stay Healthy

More than **60 percent** of Americans are not regularly active, and **25 percent** of Americans are not active at all. With careers, school and family obligations, it's not hard to understand why most of us can't make it to the gym very often. Mix in a week of spring break vacation or business travel and your program is really off track. But if your goal is to live a long, healthy life, it's time to get your fitness groove back.

Getting back in the swing of things can be challenging, but don't be deterred. Follow these tips from the exercise experts at [Life Fitness](#) to get back in form.

Set Realistic Goals: Don't expect to feel as fit as you once did if it's been a few weeks since your last workout as muscles begin to atrophy within two weeks. Unrealistic goals and expectations can zap motivation, and you will likely go back to channel surfing on the couch instead of heading to the gym. Try setting a challenging, but attainable goal each week to boost your confidence.

Buddy Up: Research indicates that those who work out with at least one partner are more likely to achieve long-term success than those who go at it alone. This can be especially true when you are just getting back in the swing of things. Find a friend to go to the gym with you, someone who can offer support when you encounter challenges and encourage you to stick with it when you feel like giving up.

Divert Dullness: A dull and boring fitness regimen can crush any dreams of getting your workout groove back. Keep things spicy with a mix of experiences that challenge you mentally and physically such as group exercise or tapping into a personal trainer.

Fit Tips are provided by Life Fitness, the leader in designing and manufacturing high-quality exercise equipment for fitness facilities and homes worldwide. For more information on FitTips and other fitness advice and expertise visit www.lifefitness.com or follow us on Twitter at www.twitter.com/lifefitness or join our facebook fan page at www.facebook.com/lifefitness.