

*HEALTHQUEST 365*

# **MOTIVATED FITNESS**







## MOTIVATED FITNESS

Fitness is an integral part of our lives. It is essential for our health and mental well-being. But sometimes, it can be difficult to find the will to exercise. That's where fitness motivation comes in. Motivation can make your fitness journey more fun. It can also help you push yourself and stick to your goals.

Exercise is an important part of a healthy lifestyle. If you're having trouble getting motivated, there are many things you can try. Just remember to start slow, set realistic goals, and find activities that you enjoy. With effort, you can make exercise a regular part of your life.

## ACTIVITY SHEET

# The Health Quest 365 Activity On Motivated Fitness



How important do you think fitness is for you? Why do you exercise, and how do you stay motivated in your fitness journey?

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Do you experience personal and environmental barriers to physical fitness? What are they, and how do they affect your workout routines?

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How do you deal with those barriers? Are you always successful in continuing your exercise program when you encounter those challenges?

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The article mentioned tips to stay motivated for physical activity. Out of the ten tips, which of them would you like to try?

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How do you think can the tips you chose above help you overcome the barriers to physical activity?

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