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6 Tips to Keep You Motivated for Exercise

Have you ever started a fitness program and then quit? If you answered yes, you're not alone. Many people start fitness programs but stop when they get bored or results come too slowly — but it doesn't need to be that way.

The article [Mayo Clinic Minute: 6 tips to keep you motivated for exercise](#) provides helpful strategies including setting goals, making exercise fun, making it part of your daily routine, exercising with friends and neighbors, rewarding yourself, and being flexible.

Now that you're enthusiastic again, get moving! Set your goals, make it fun and pat yourself on the back from time to time. Remember, physical activity is for life. Review these tips whenever you feel your motivation sliding.

Mayo Clinic Health Information's award-winning consumer [Healthy Lifestyle website](#) offers health information, and self-improvement and disease management tools. MayoClinic.com's medical experts and editorial professionals bring you access to the knowledge and experience of Mayo Clinic for all of your consumer health information needs, from cancer, diabetes and heart disease to nutrition, exercise and pregnancy.

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