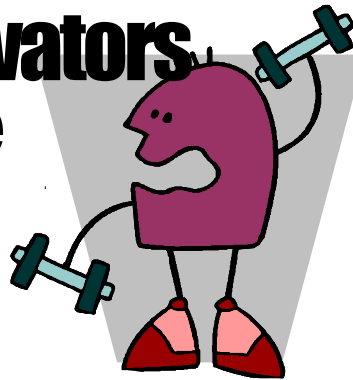




Hidden Motivators for Exercise



You know you should exercise regularly, but keeping your body physically fit may not be enough motivation for you to do it. Acquiring more positive beliefs about exercise will give you more reasons to do it regularly, and you may feel new motivation. See exercise as a form of recreation, a way to apply work-life balance, and a means of achieving the goal of finding mental relaxation. Exercising will produce a tranquilizing effect that you will feel hours later, and it can give you the feeling that you accomplished something. These effects can be especially beneficial if you've had a hard day. Exercise can be the one bright spot during those times where you feel a sense of helplessness about specific worries and concerns. Don't think of exercise as just something you "have to do." Instead, think of its many other benefits.

Maximize Productivity Take Breaks!



Treat your work like a marathon rather than a sprint and you'll get more done in less time. Start by warming up with a few easy tasks, and slowly increase your pace until you hit a comfortable rhythm. Take frequent, short breaks. If you don't, you will experience fatigue followed by vulnerability to distractions. This is your body's way of saying "Enough!" These distractions can morph into procrastination, which will usually keep you away from work longer than planned breaks would!

Incentives to Lose Weight Works



Financial incentives to lose weight do work, it appears, at least in the short run. Motivation might be boosted with a financial award that you plan for yourself if you succeed or a financial penalty if you don't. Try duplicating a University of Pennsylvania study that had 50 percent of participants succeeding in losing 16 lb. in 16 weeks with this technique. Some winners chose the forfeit money route, while others went for the award. The figure that worked: about \$300.

Stepping out of Your Comfort



Success almost always requires stepping out of your comfort zone. The next time your anxieties start clawing at your willingness to explore a new workplace opportunity, remember that it's natural to feel unfit for a task at first. Expect to fumble a bit until you get your footing. Living up to your potential doesn't include firm instructions or a "paint-by-numbers" approach. False starts and dead ends happen. Don't be discouraged. Follow this rule: You know more than you think you do. The key is applying old experiences to new situations, getting feedback, and making adjustments until you excel. Then move on to the next challenge.