

# Life in the Sweet Spot with Dr. Kate Flynn

## 11 TIPS TO HELP YOU IMPROVE YOUR RELATIONSHIP WITH EXERCISE

### 1. Let go of any story of opposition

Any stories associated with not liking to sweat or move your body or try new things is likely rooted in trauma. Reflect on your feelings regarding exercise until you connect them with a “bad” experience. Resolve it.

### 2. It doesn't take much

The false belief that you have to be at the gym for hours each week is finally losing popularity. There is much you can do in a short amount of time. Start with 10 minutes and find your way into the Sweet Spot.

### 3. Choose something you enjoy

Set yourself up for success. If you know you hate to run (based on actual experience) then don't decide that you'd like to run a 5k. Pick something you think you might like and find an opportunity to plug in.

### 4. Explore your options until for find the perfect fit

Don't know what you'd like to do? Only one way to find out. Make a list of all the activities you could potentially do, try them out, and then cross them off one at a time until you find your Sweet Spot activity.

### 5. Invite friends to do it with you

We are created to be in relationship and we often find being physically active with friends is more enjoyable than doing it alone. Ask your friends to join you. Take a class at the local gym or meet up for a walk.

### 6. Start slowly

Don't go all out all at once. Ease into the pool of physical activity and let yourself acclimate to the water. Start slowly and create a long lasting and consistent relationship with your physical fitness.

### 7. Enjoy a daily stretch

Isn't that naturally what you do when you awaken anyway? Take it a few steps further and stretch all your major muscles. Flexibility in body often translates to flexibility in mind.

### 8. Try a team sport

Coordinate your efforts with others and find out how much fun it can be to play towards a common goal. Join a softball team, play doubles tennis or pickle ball, or take a look at recreational soccer. Take a chance!

### 9. Change it up

Don't hold fast to routines that no longer serve. There is a season for crossfit, HIIT, yoga, team sports, dance class, and everything else. Your heart will tell you when that season is over. Listen to it.

### 10. Be grateful for all your body does for you

Fill your body with love and gratitude for all it's done for you after you exercise. Show it some love and it will continue to help you get down on the floor and back up again well into the future.

### 11. Protect the time you set aside for it

As soon as you say, “This is what I'm going to do and when I'm going to do it,” the requests for your time assistance will start pouring in. Reaffirm your commitment to prioritize your needs and say, “No.”