

# 50 Ways to Make Exercise Fun!!

## **Make It Easier**

- Break it up – Do 3 x 10-minute sessions instead of a full 30 minutes.
- Keep equipment visible – Leave your mat, weights, or bands where you see them.
- Schedule it – Put it in your calendar like a non-negotiable meeting.
- Lay out workout clothes the night before.
- Follow along with a video – Let someone guide you instead of figuring it out yourself.
- Use audio workouts – Great for walks or runs without screen time.
- Choose low-impact options like swimming, walking, or cycling.
- Start with just 5 minutes – It's easier to start when the bar is low.
- Combine it with something you like – watch a show or listen to a podcast.
- Stretch or move while waiting – Turn downtime into movement time.

## **Make It More Fun**

- Dance in your living room – No rules, just move.
- Try group fitness classes – Zumba, kickboxing, barre, etc.
- Join a recreational sports league – like softball, dodgeball, or pickleball.
- Turn chores into workouts – blast music and clean with energy.
- Do it with a friend – accountability + laughs.
- Gamify it – use fitness apps with points, challenges, or leaderboards.
- Do themed workouts – 80s music, disco yoga, superhero HIIT.
- Add a reward – like a smoothie, bath, or guilt-free chill time.
- Try virtual reality fitness games.
- Work out with your pet – hike, run, or stretch together.

## **Add Excitement**

- Try something new every week – new class, video, or outdoor trail.
- Use a fitness deck of cards – each card is a different move.
- Join a fitness challenge – 30 days of planks, steps, or squats.

Sign up for a fun run or charity walk.  
Go geocaching or treasure hunting on a hike.  
Try circus arts or aerial fitness – seriously fun and different.  
Book a dance or martial arts workshop.  
Take fitness outside – parks, beaches, rooftops.  
Mix and match formats – yoga one day, boxing the next.  
Set mini goals – like 100 pushups in a week or 50 miles this month.

### **Creative & Engaging Ideas**

Create a workout jar – draw a surprise workout each day.  
Watch YouTube influencers with quirky or fun styles.  
Make a fire workout playlist – music transforms mood and energy.  
Design your own obstacle course (indoor or outdoor).  
Workout in costume – Halloween isn't just once a year.  
Create a dance routine to a favorite song.  
Challenge a friend to a movement duel – who gets the most steps today?  
Turn errands into workouts – walk or bike to do them.  
Get apps like Zombies, Run! – where you're chased as you run.  
Make it a photo adventure – stop every 10 mins to snap nature or art.

### **Mindset Shifts & Motivation**

Celebrate every session – no matter how small.  
Track your progress visually – calendars, stickers, or habit apps.  
Remind yourself of your “why” before you start.  
Join an online fitness community or group.  
Visualize how great you'll feel after.  
Take before-and-after mental health notes – see the mood boost!  
Make movement part of your identity – "I'm someone who moves daily."  
Post a fun update or story about your workout.  
Incorporate mindfulness or gratitude into the movement.  
Let go of perfection – something is always better than nothing.