

Mayo Clinic Minute

Six tips to get you motivated for exercise

Video	Audio
Vivien Williams	Sometimes, it's hard to get off the couch and exercise.
Michael Joyner, M.D. Anesthesiology Mayo Clinic	"The important thing is to do something. And also not permit what you cannot do — or what you're afraid of doing — to interfere with what you can do."
Vivien Williams	Dr. Michael Joyner has six tips to help get you moving more every day. No.1: Again, start with what you can do.
Michael Joyner, M.D.	"Whether it's walking, riding a bike, aerobic exercise in the pool."
Vivien Williams	No. 2: Don't think you have to run a marathon or be an elite athlete.
Michael Joyner, M.D.	"People start to see benefits in terms of their health with as little as 10 to 15 minutes a day."
Vivien Williams	No. 3: Build exercise into your day. Take the stairs or park in the back of the parking lot. No. 4: Schedule exercise into your day as if it were an appointment. No. 5: Get a workout buddy. And No. 6, ...
Michael Joyner, M.D.	"... Don't set unrealistic goals and get into a cycle of, 'I'm not meeting my goals. I'm a failure; therefore, I stop.'"
Vivien Williams	Anytime you exercise at any level, you're doing something

good for your health. For the
Mayo Clinic News Network,
I'm Vivien Williams.