

## Mayo Clinic Minute: Exercising in the new year

Video	Audio
	NATS – Feet on treadmill
<b>Scott Haak, D. P. T.</b> <b>Sports Medicine</b> <b>Mayo Clinic</b>	Exercising more is a top New Year's resolution, but it's also among the first people give up on.  "Doing little things. It doesn't have to be superintense. You just have to be consistent and build on good habits."
	Scott Haak, a Mayo Clinic physical therapist, says those good habits start with finding an activity you like.  From there, set realistic goals for what your body can handle and how long you can spend exercising.  Then schedule the activity as part of your day.
	"It's just moving. It's walking intentionally for 20 to 30 minutes a day. It's biking. Depending on their physical abilities, doing body weight exercises is a good way to start where you're using your own body weight, not a lot of equipment."
	Haak says a successful workout plan also incorporates accountability.  That means bringing someone else on your fitness journey.
	"You have to tell someone that you're going to do it, or you have to bring a friend to the gym and have them work out with you, or hire a trainer — whatever it takes to be consistent on a schedule."
	For the Mayo Clinic News Network, I'm Alex Osiadacz.