



## Finding your way back to fitness

We all know about the benefits from and importance of exercise for maintaining a healthy lifestyle. However, as our lives get busier and more curve balls get thrown our way as adults, exercising is sometimes easier said than done. To get back on track, follow these simple tricks to stay active.

### Choose the plan you'll stick to

At the end of the day, your fitness goal needs to be realistic to be sustainable. For many, this requires a lot of trial and error. Start with small goals then work towards a longer-term daily exercise habit. Whatever your fitness plan, it needs to be the one that you feel you can commit to. Just believing you can do it, is half the battle and the first important step.

Visit [kp.org/fitness](https://kp.org/fitness)

### Incorporate resistance training

Building strength doesn't have to mean lifting weights or hitting the gym. There are plenty of resistance exercises that use the weight of your own body or portable fitness bands. Muscle mass naturally declines as we age, so resistance training and building muscle helps counteract those effects by increasing your metabolism, preventing injuries and improve your overall energy and mood. So, in addition to the cardio, be sure to [build strength as well](#).

### Keep it convenient

Research shows that to make behavior change stick, it needs to be as easy as possible. When it comes to fitness, for some that means setting out their workout gear before going to sleep, for others that means stashing their athletic shoes or whatever else they need to get moving in their car. For others, maybe that includes multi-tasking - treadmill standup desk anyone? Keep fitness gear within reach and convenient so you never have an excuse to stay put.