

Ways to rejuvenate yourself if you're bored at the gym

Exercising is important for [woman's health](#). It's very common for people to quit a gym only because they found the daily exercise routine one big bore. Also, for all their efforts until then, they probably didn't see much change in themselves, so leaving off exercising seems the best solution for them.

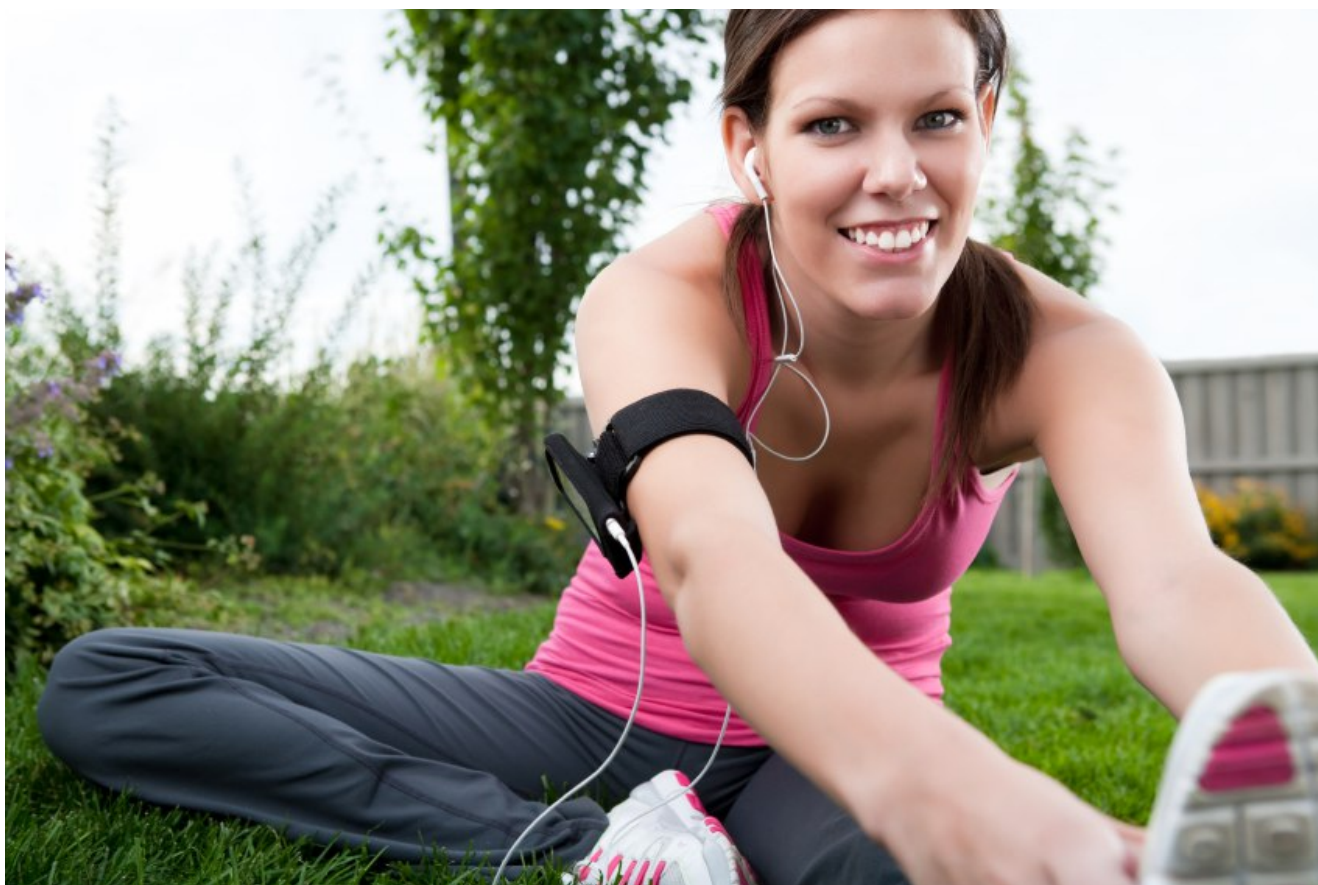


Whether you like going to the gym or not, you can be motivated to continue if your routine changes every four weeks. That will prevent you from feeling bored and restless and reach a plateau in weight loss. For someone who wants to achieve his or her fitness goals, quitting is not a good idea; besides exercising is great for the body in addition to a healthy diet for women. Such a situation can be avoided if one takes small steps to boost one's motivation and pick up any lost interest in exercise. So, how do you go about finding ways to retain

your interest in exercising while you exercise away the flab and get a toned body. Here's how:

Work towards a new goal: Think fresh, and reconstruct your fitness goal so that you're not stuck with one that's not working for you. Change your pace, your exercises and approach to exercising and you'll get back to exercising automatically.

If you're outdoorsy, exercise outdoors: Don't allow yourself to be cooped up in a gym when all you want to do is be outdoors rock climbing, hiking or walking. A change of environment can breathe new life into you and you will exercise through such activities without knowing it.



Carry your music with you: You can pump up your interest in exercise by adding music to your workout. Songs that you like or just soothing instrumental music can do a lot for your pace and to revive your interest in exercising.



Experiment with different equipment: The fitness industry is constantly coming out with new and innovative workout equipment that is also more focused to different body parts. So, you needn't confine yourself to a treadmill, dumbbells or barbells, but can try out the new equipment your gym brings in. You could try using hydraulic weight-lifting equipment, kettle bells or a stationary bike for spinning. Using a variety of equipment will vary the stress on your muscles and mentally make you more interested and keen to exercise each day.

Mix cardio exercises with resistance: You don't have to do one workout exclusively of cardio exercises one day and resistance exercises the next day. You can have a mix of both to keep your interest in it alive. If you do this, there's no way you're going to be bored at the gym. Besides, you will have enhanced metabolism too.

So, stop making excuses and get back to the gym.