



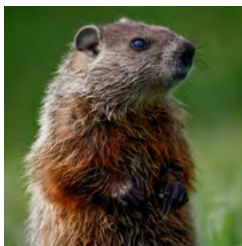
# Change Your Fitness Routine

## CHALLENGE

Be physically active in a variety of ways

## Requirements to complete this HEALTH CHALLENGE™

1. Read "Change Your Fitness Routine."
2. To complete the challenge, make small changes to your fitness routine on at least 22 days this month.
3. Keep a record of your completed challenge in case your organization requires documentation.



Remember the movie *Groundhog Day*?

Every day TV weatherman Phil Connors (played by Bill Murray) does the exact same things. He walks the same route to work. He greets the same

people. He talks about small-town weather. Every day is the same, and it's driving him crazy.

Does your exercise routine feel a little like that?

You do the same exercises at the gym from week to week. You always walk the same pace and route. You do the same workout class every week. You're active, but it's always the same old thing. Maybe you don't exercise at all. Either way, you're getting the same results.

Connors relives the exact same day hundreds of times in *Groundhog Day*. And he's unhappy until he figures out how to change his behavior to break the cycle.

He wakes up from the never-ending Groundhog Day, with a plan to live life a little differently.

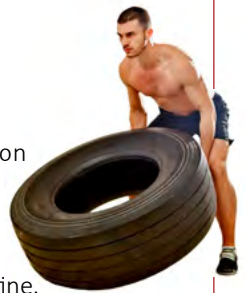
Are you losing interest in exercise? Are you frustrated that you're not getting the results you want from being active?<sup>1</sup>

If you want to get fit and feel better it's time to break the Groundhog-Day cycle. Here's how: Take the month-long health challenge to *Change Your Fitness Routine*.

## Should you change your fitness routine? Take the quiz to find out.

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1.   After a new workout, it's common to experience muscle soreness 24 to 72 hours later.
2.   It takes your body 2 to 3 weeks to adjust to a new exercise routine.
3.   Health experts say you should change your fitness routine every week to keep making progress.
4.   For best results, your exercise routine should match your goals (e.g. lose weight, build muscle, improve balance, increase endurance).
5.   Making small changes to your exercise routine (frequency, intensity, time, and type) is the best way to improve your health and fitness level.



How did you do? Check your answers. If you didn't get all of them right, you could benefit from learning more about how to change your fitness routine. When you exercise, you're training your body and your brain. Health experts recommend changing your workout routine every 4 to 12 weeks for best results.<sup>4</sup> Making small changes to your activity level and exercise routine is the best way to keep improving your health and fitness levels.

Answers: 1. True. 2. True. 3. True. 4. False. 5. True.

## Adapt: Break the Cycle

If you don't want your fitness routine to feel like you're living your own Groundhog Day, you need to change things up.

Why? Your body is always on the lookout for homeostasis (*ho-me-oh-stay-sis*) ... the easiest way to support your brain, heart, lungs, muscles, and other systems. It's a balancing act to keep things equal.

Stick with the status quo (same fitness routine week after week), and your body learns a new normal. It adapts. And that's good. But you can't keep doing the same things expecting different results ... just ask Connors.

6 signs it's time to switch up your workout  
[tinyurl.com/yyamlmdx](https://tinyurl.com/yyamlmdx)