



## **I hate exercising. What can I do to like it more?**

You can start by pushing negative thoughts away and replacing them with a positive affirmation. Using positive affirmations is a great way to change how we think about something. Instead of, "I just don't enjoy exercising," try saying and believing, "I choose to make positive healthy choices for myself and I choose to exercise regularly because it will make me feel better."

With a positive outlook, anything is possible. You may even start to like exercising!

