

# Spring Into an Exercise Routine

*Find a Fitness-Minded Friend and  
Gear Up for a Good Purpose*

(StatePoint) – Spring is an ideal time to get active outdoors and kickstart a fitness regimen that can carry you into beach and pool season.

Need some motivation? Try out these ideas for getting started and sticking with the program.

## Get Social

A personal trainer can be expensive, but a friend is free and potentially just as motivating. Besides, a little friendly competition never hurt anybody.

Find a buddy to join you for runs and hikes, and with whom to hit the new HIIT class – that's high-intensity interval training – or spot you in the free weights section of the gym.

Joining an organized run crew, cycling club or other fitness group can be another great way to keep yourself inspired to move as these meet-ups can be fun social events in addition to a great workout.

## Gear Up

New wearable technology is not only fun, it can help you analyze your daily movement and workouts. See how much progress you make with wearable devices like the GBA800 Training Timer, a water- and shock-resistant watch that comes equipped with a three-axis acceleration sensor tracking your step count, a count-down timer that allows for up to 20 timer combinations, as well as 200-lap memory.

With the download of the dedicated G-SHOCK Connected app to a smartphone, the watch can even track movement and support daily fitness.

Employing a new algorithm, the app displays a graph breaking down daily steps taken in each of five metabolic equivalent (MET) levels, from data based on your step count and walking pace.

It also displays the exact location and time where the wearer's calories were burned, while measuring MET levels, making it useful for interval training.



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▲ From finding an exercise buddy to getting new gear to racing for a cause, find the motivation you need to get up and get active this spring.

## Give it a Purpose

Find your motivation and dedicate your workouts to this purpose.

One great way to do this is to sign up for a competitive athletic event that requires training.

Whether that's an obstacle course, a triathlon or a 5k foot race, having such an event on your calendar will provide the daily motivation you need.

Check out free training plans that can offer you guidelines for the best way to prepare for each type of event.

Need further incentive? Use the event to fundraise money for a cause that matters to you or to someone in your family or a close friend.

From new friends to new gear, you can make getting active this spring easier with the right motivational elements.



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