

(/)

WANT TO ACHIEVE MORE IN YOUR LIFE?

Here's the chance

(/user/select-goals?ref=goal-bar)

15 Tips to Restart the Exercise Habit (and How to Keep It)

FEATURED (/FEATURED) LIFESTYLE (/LIFESTYLE) BY SCOTT H YOUNG (/AUTHOR/SCOTTHYOUNG)

Read full content

Love this article? Share it with your friends on Facebook

You may also like



(<http://www.lifehack.org/articles/lifestyle/7-things-that-fit-people-never.html>)

7 Things That Fit People Never Do (<http://www.lifehack.org/articles/lifestyle/7-things-that-fit-people-never.html>)



(<http://www.lifehack.org/articles/lifestyle/14-signs-youre-not-drinking-enough-water.html>)

14 Signs You're Not Drinking Enough Water

(<http://www.lifehack.org/articles/lifestyle/14-signs-youre-not-drinking-enough-water.html>)

(<http://www.lifehack.org/293676/15-small-things-you-can-every-day-become-highly-successful>)

15 Small Things You Can Do Every Day To Become Highly Successful

(<http://www.lifehack.org/293676/15-small-things-you-can-every-day-become-highly-successful>)

7 Things That Fit People Never Do

I am guessing that most people would prefer to be fit, but the large majority of people these days tend to be unfit. Many people try to get fit but simply give up, and I feel this is because they go about it in completely the wrong way. It can be confusing, as there is so much conflicting information about the ideal way to get fit. It is never easy to create a new habit; it takes time and effort until it feels a

[Read full content](#)

Love this article? Share it with your friends on Facebook