

## Minor Adjustments For Major Enjoyment

Generally, we wage most battles within ourselves. We start and stop, commit and rescind, say one thing only to do another. Though we live in a health oriented society, still less than 30% of all individuals lead active lifestyles. Why you ask? The big question of "why?" has multiple answers that seem to be entrenched in reasons including boredom, lack of enjoyment, and little time. What we have studied for years are the explanations for why people stay active. Motivation research reveals the absence of enjoyment and variety are two of the foremost influences for disengagement of activity.

When discussing exercise I find most often bowlers believe or support the cause, but when it comes to action, few follow my lead. I know for a fact our TEAM USA head coach, Palmer Fallgren, is very committed to exercise and a healthy lifestyle. Why, I even hear Bob Maki has been sighted at a local YMCA. What I hope to see are more of our athletes taking the same initiative, following our leaders and beginning some form of activity routine to enhance their lifestyle.

Exercise is neither gender nor age specific. The young and older can equally receive health benefits from an active lifestyle. It should be quite clear by now that bowling performance is enhanced through improved health and fitness. If you are leaning toward starting an activity program or just need to get out of a rut, follow along for a wealth of information.

Before I can tell you how much to do, when to do it, how to do it, or the derivatives from it, we must first choose something **enjoyable**, plain and simple. It does me no good to show you training movements and define all the wonderful benefits of them if you don't enjoy what your doing. If we are not careful, we will turn out like the "Gold Level Guru" Gary Parsons and rationalize every reason in the world why not to get active. I like you Gary, you know it. Without further ado, let us examine some ways to make exercise enjoyable so we can avoid what I now call the Parsons' Syndrome.

There are several ways to make exercise enjoyable. I have provided four specific enjoyment objectives that are routinely used throughout the health & fitness community. Read each suggestion and choose one or more adding some variety to your life.

### 1) Find several enjoyable activities to engage in.

It is no secret exercise can become tiresome and boring. The same activity often loses its freshness or flavor even after the shortest of periods. To combat boredom, select and vary your activity schedule daily, weekly, and even monthly. Designate several activities that you enjoy and can easily alternate.

There are many activities that provide a fitness training benefit. See if any of these more vigorous one's turn you on: cross-country skiing, hiking uphill, ice hockey, jogging, jumping rope, rowing, basketball, cycling, stationary biking, and strength training. If those were too vigorous or boring, try some of these activities: bicycling, downhill skiing, calisthenics, field hockey, handball, racquetball, tennis, soccer, squash, swimming, brisk walking, power walking, or speed walking. Well, if you do not enjoy the previous one's, follow along.

An emphasis has most recently been made to adopt a lifestyle approach increasing overall activity. By incorporating your lifestyle into the exercise routine, more common activities such as brisk walking, stair climbing, house work, gardening, raking leaves, and shoveling snow all fit into that scope of the plan. I encourage a variety of lifestyle approaches for increasing physical activity and these may be some of the more enjoyable.

### 2) Change the atmosphere.

The climate and atmosphere in which you exercise may be contributing to your unenjoyment. If you exercise at home, try joining a health club and give yourself a change in atmosphere to boost your training. Often a change in surroundings will raise motivation and training incentive. The climate in a health club or fitness facility offers those looking for guidance or direction opportunity and professional help. Finding a fitness professional at a club may also enhance your training.

On the other hand, if you currently exercise at a public facility, you may want to try some outdoor activities or the home equipment route to add variety to your routine. Club training can be time consuming and expensive, not to mention terrifying and frustrating during the busy season. Health clubs and fitness facilities increase membership during their busy season of October through April. As the clubs become busier, the crowds congregate diminishing the availability for equipment. Talk about frustration, not being able to get your routine done in a reasonable amount of time can be aggravating.

### **3) Find a training partner.**

Athletes have always trained together no matter what sport. Here at FSU, many of my collegiate bowlers attend the Leach Center sharing the load together. Partnering for exercise provides a social outlet for people passing the time rather quickly. Enjoyment can be generated through exercising with a person who shares your interests. Training in pairs also gives athletes a chance to push the other in preparation for their sport. Partner training is very safe and equally time efficient. Get one of your fellow teammates to join you for a workout.

### **4) Add some music to the routine.**

Many athletes exercise to music effectively. Purchasing a walkman for outdoor activities or using headphones at a club that has Cardio Theatre can be enjoyable. Music tends to remove us from the activity in a euphoric sense. Getting caught up in music can pass the time rather quickly. Varying the volume and type of music can also motivate an individual during exercise.

I am not always going to tell you what exercise to perform or how to do it, for I realize we do not all operate in the same situations. Adding activity to your lifestyle is as equally important as making it fulfilling. Enjoying that activity then becomes your sole objective. If you are looking for some pleasure or variety in your activity patterns, then vary your routine, change the atmosphere, find a training partner, or add some music to it. Sometimes focusing on the exercise itself overlooks the motivations and enjoyment of activity. Try each of these suggestions and spice up your activity patterns.