



DO YOU HATE EXERCISE?

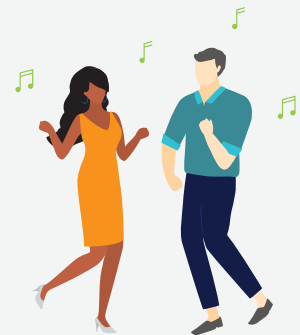
You're not alone if you dislike exercise. The good news is, you don't have to exercise until you're miserable or exhausted. Below are some activities you can incorporate into an exercise routine to stimulate more joy.



BIRDWATCH ON A
NATURE HIKE



LISTEN TO
MUSIC, A PODCAST
OR AUDIOBOOK



TAKE A CLASS IN
DANCE

FIND AN EXERCISE BUDDY & MAKE IT A FUN COMPETITION



PLAY GOLF
LEAVE THE CART
WALK THE COURSE



WATCH A MOVIE
WHILE ON A
TREADMILL



WALK OR PLAY
WITH YOUR PET, OR
SHELTER ANIMAL

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