
Fitness Tips

by Cari Draft Elliott, BS, CPT - ACE-Certified Personal Trainer

How can I find the right exercise partner?

Question: *Cari, a few months ago you recommended finding an exercise partner as motivation. My neighbor and I have been walking together, but I am always the one dragging her out with me, she is never motivating me. How can I find someone else to exercise with that will motivate ME?!*

Answer: Motivation can be a difficult thing! Everyone has their own barriers to overcome in order to make exercise accessible, so you need to identify your barriers first. Finding someone at or near your fitness level is also a bonus. There's nothing better than having someone else help push you through those times when you just don't feel like working out.

If you've already tried the obvious -- people you work with, see at church, or friends of friends -- then it's time to hit the internet! There are several websites set up specifically for the purpose of finding someone to exercise with. There's www.exercisefriends.com and www.findanexercisepartner.com to get you started. My further tidbit of advice: hook up with at least THREE exercise partners, using a different one for each thing you like to do. One to walk with after work, one to go to spinning class with on Saturday mornings, and a third person to go skiing with on Sunday nights... create your own exercise-motivation network!

Cari Draft Elliott is an ACE-Certified Personal Trainer who makes "house calls"! Please check out her website at www.oneononefitgirl.com and email your questions to cari@oneononefitgirl.com.
