



## Establish a physical routine



Physical activity is an [important part of losing weight](#). Not only does it help you burn calories, but it also improves your well-being.

The best kind is [exercise](#) you enjoy and can stick to, and once you get into a routine it's easier to keep it up. There are many different types and ways to exercise, and it's important to explore different options to find one you enjoy.

Consider where you want to exercise:

- Do you prefer to be inside or outside?
- Would you rather work out at a gym?
- Exercise in the comfort of your own home?
- Alone or in a group?

Lastly, listen to music while you work out, as doing so can increase motivation. People also tend to exercise longer when listening to music!