How to Make Exercise a Daily Habit

Categories: General Prepping, Health/Fitness

I was going to write this post from a prepper's point of view, but the thing is, the advice holds true for everyone who is not in the best shape, but wants to be.

If you are a prepper and you are not in great shape, you should consider getting a bit fitter for the future that might just contain your worst fears. If a situation arises where it's dog eat dog, it is obvious that the stronger, fitter folks will do better... It's all good saying brains beat brawn, but if you can't at least run away from time to time, you're going to be in trouble.

If you are a non-prepper, do I really need to explain why losing a few pounds and getting a bit fitter is a good idea? If nothing else, exercise and weight loss helps combat so many health conditions and diseases that millions of people are dying from every year, things like cancer, heart attack and strokes. You reduce your risks of those and you are likely to be healthier and live longer. Disease prevention is just one reason to lose some weight and get fitter, but do you really need more reasons?
If you would like some help with making exercise a daily habit, check out the excellent post below from Zen Habits.

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