

A photograph of two women hiking on a paved path in a forest. The woman on the left is wearing a pink puffer vest over a beige long-sleeved shirt, black pants, a white cap, and glasses. She is holding a black trekking pole. The woman on the right is wearing a blue jacket over a red shirt, black leggings, red and white socks, and grey sneakers. She is also holding a black trekking pole. They are both smiling and looking towards each other. The background is a forest with trees and fallen leaves on the ground.

SEE YOUR fitness progress

When you're trying to get fit, it can be hard to stay motivated. Look for ways that you're making progress. This can help you keep going!

Progress isn't just about weight. You are making progress if:

- You have more energy. Do you feel less tired than you used to? Are you getting more done?
- Your daily tasks are easier. Maybe carrying the groceries isn't as tough as it used to be. Or going upstairs doesn't leave you out of breath.
- You're getting better sleep. Exercise can help you sleep better, leaving you feeling refreshed and energized in the morning.

Keep it up! The longer you exercise, the better you'll feel!

Source: National Institute on Aging