



UNIVERSITY OF DELAWARE

**EMPLOYEE HEALTH
& WELLBEING**

Commit to Fitness through Accountability

Accountability & Fitness:

One of the best strategies to remain committed to your fitness goals is to be held accountable for your actions. When you are accountable for your actions, you are effectively teaching yourself the value of your work. Accountability means taking responsibility for the food you eat, how much you exercise, and how far you have progressed with your fitness goals. This can be done by setting realistic goals by monitoring them to increase your level of motivation and the likelihood of meeting the fitness goals you have set for yourself.



Effective strategies for increasing your accountability:

No matter how motivated you are at first, you will eventually have a couple of days where your enthusiasm drops, and your excuses win. This is where accountability will swoop in and save the day.

Set Goals: Be specific and realistic about your goals. What do you want to accomplish? What are you going to do to get there? How often are you going to exercise? Are you going to exercise with someone? For example, instead of staying, “I’m going to start exercising”, a more specific goal is, “I’m going to start exercising in the morning before work, 3 days a week and to hold yourself accountable, I may facetime a friend to exercise together”

Workout Buddy: Partnering up with someone who has similar fitness goals as you are a great way to improve accountability. Having an accountability partner simply means having someone who will encourage you to commit to your fitness routine, check in on each other's progress, and motivate one another in times of weakness.

Share your fitness goals: Sharing your fitness goals with an involved online community or with friends, family members, personal trainers, or work colleagues can provide you with a great support network. Actively sharing your progress will remind you that there are so many other people going through similar challenges as you, and you don’t have to feel alone in reaching your fitness goals. Join [Employee Health and Wellbeing's Connect Virtual Fitness channel on Microsoft Teams](#) to be more involved with the UD fitness community and meet others who have similar interests!

Online Fitness Classes: Although we are all stuck at home, your enthusiasm or desire for exercise should not be reduced. Online fitness classes or programs can boost your motivation and commitment by offering engaging, enjoyable classes with others. To further enhance your wellness, Employee Health and Wellbeing offers a variety of [live virtual fitness classes](#) throughout the week. If you can’t attend a class, there are [On-Demand Recordings](#) you can do at any time.