



## Shape Up Your Workplace

A monthly series brought to you by Get Healthy CT

### Workplace Wellness Idea #28: The Buddy System

Get Healthy CT aims to provide businesses with ideas that will facilitate healthy behaviors of their employees to improve employee satisfaction, productivity and showcase the employer as a role model for health. To support this, we will provide a “Workplace Wellness Idea” each month that employers can implement at low or no cost.

#### Why the Buddy System?

Scheduling time for a daily workout can be very difficult for busy working adults. Once committed to an exercise schedule, having ongoing motivation to exercise can be a regular physical and mental battle. This is why Get Healthy CT suggests that you have a “buddy” and not do it alone.

Choosing a workout partner can be a great way to help you get organized and stay motivated to exercise. The “buddy system” works well because knowing that you have a partner depending on you helps increase your drive to stick to your workout plans.

#### Benefits to Having a Good Workout Buddy

- ✓ Increases support to help you achieve your fitness goals
- ✓ Makes working out more fun
- ✓ Provides support to try new workouts
- ✓ Increases competition which can push you to work harder
- ✓ Makes workouts safer
- ✓ Increases motivation to exercise regularly
- ✓ Provides a cheerleader for your successes
- ✓ Encourages social behavior
- ✓ Holds you accountable to another person

#### Choosing the Right Workout Buddy

Selecting the right workout buddy is very important. You want to make sure that you identify someone you enjoy being around as well as will help you work towards your fitness goals. See page 2 for more tips on choosing the perfect workout buddy.



## Tips for Choosing the Perfect Workout Buddy

**Make sure you like them:** Your workout buddy has to be someone you actually like spending time with. If not, you will find it difficult to stick to your planned workouts. A great workout buddy will make your workout time more fun and interesting, so it is important that you enjoy being around them.

**Check your schedules:** If your schedules do not match, then it will be very difficult to find time to work out together.

**Look for a positive attitude:** You want to find a buddy who is positive, friendly, solution-focused and wants to keep working for better results. They also need to respect your time, be dependable, and if they're spotting you, you need to be able to trust that they've got your back.

**Find someone that is committed to change:** The key to success when starting a new workout routine is being committed to that new behavior. You want to make sure you find a workout buddy that is as (or even more) committed than you are. This will help keep you stay on track towards accomplishing your goals.

**Be sure to avoid someone that:**

- Constantly makes excuses not to exercise
- Acts overly competitive
- Arrives late or cancels often
- Has a bad attitude



### Find Physical Activity Opportunities Near You

Once you have found your perfect workout buddy, you will need to decide where you will start your physical activity together. For help with this, visit our website [www.GetHealthyCT.org](http://www.GetHealthyCT.org) for a searchable database of physical activity options by town.

For more information, please visit [GetHealthyCT.org](http://GetHealthyCT.org)

*Let's work together to help make the healthy choice the easy choice in the workplace!*