

Let's get motivated!

Do you occasionally struggle to get up from the couch? Don't worry, you're not alone! Sportcrastination (putting off exercise indefinitely) affects most of us. Good news – it can be overcome. Grab motivational tips straight from our experts.

Did you know that 75% of Poles start exercising but then lose motivation?

Did you know that 44% of Poles who do sports do it for fun and relaxation?

1. Find something enjoyable

Try to see activity as doing little things just for yourself. Focus on what you enjoy about being active – maybe it is discovering new places on a walk or hanging out with friends?



2. See how moving more can help other parts of your life.

Boosting confidence, reducing stress, better sleep, and even climbing to the third floor without getting out of breath. Keep your eye on the goal and remember what daily activity will bring you in the end.

3. Feel the team spirit



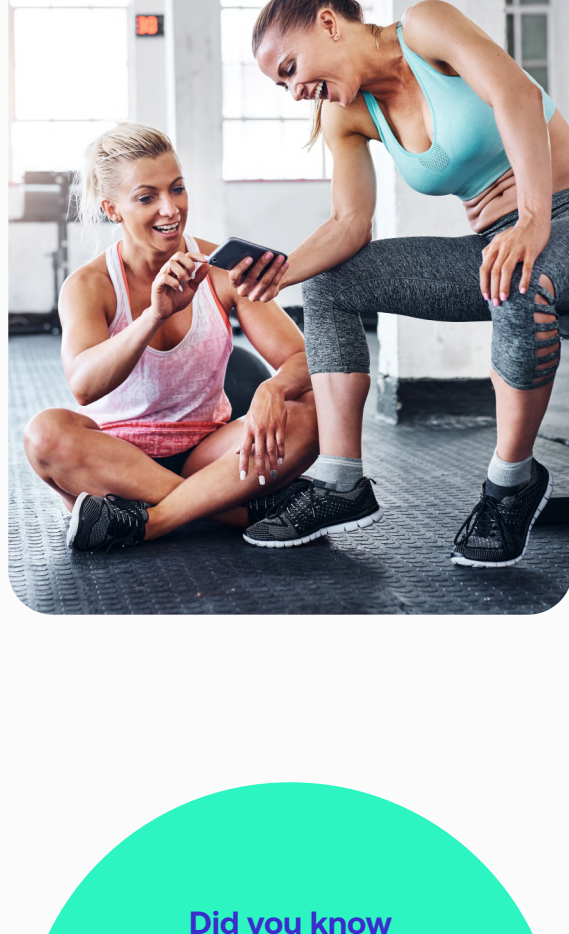
It is not about competing, but about finding that being active is a great way to enjoy time together. When we were children, it was completely natural. Today, you can involve your family, friends, or join group classes.

Dr Joanna Wojsiat: “When visiting parents or grandparents, after the usual tea and cake, offer to go for a walk instead of staying seated at the table. Let us start to see activity as a fun way to spend time with family.”

Did you know that more tips from Dr Wojsiat are waiting for you in the video “how movement changes the mind”? You can find it at www.sportkrastynacja.pl

4. Knowing more makes it easier to stay motivated.

For some of us, the problem is not knowing how to work out. That is why with MultiSport, you receive not just a card to enter facilities, but also expert advice.



5. Exercise with small steps

Activity doesn't have to be hard. Sometimes a walk is enough (parking a bit further or getting off the bus one stop earlier), or cycling somewhere instead of driving, and so on.

Did you know that the most popular activities among Poles are cycling (26%), walking (13%), and going to the gym (13%)?

We have a feeling you still want to learn more! So, we asked one of our experts – Dr Ewa Hartman, a human brain researcher – to prepare a full series of video advice. You are going to learn:

- how to change your mindset to become your own motivator
- how to manage your time to find a moment for activity every day
- which small habits will help you take care of yourself
- what to do to finally stick to your resolutions this time
- how to turn your dislike of sport into a passion for being active.

Did you know that getting your workout clothes ready the day before greatly increases your chances of staying active?

Come watch – all episodes of the series are available for you at www.sportkrastynacja.pl

And finally (as a great way to start daily walks), we recommend podcasts. This time, listen to Mirosław Brejwo, who shares useful tips on how to stay active and never stop!

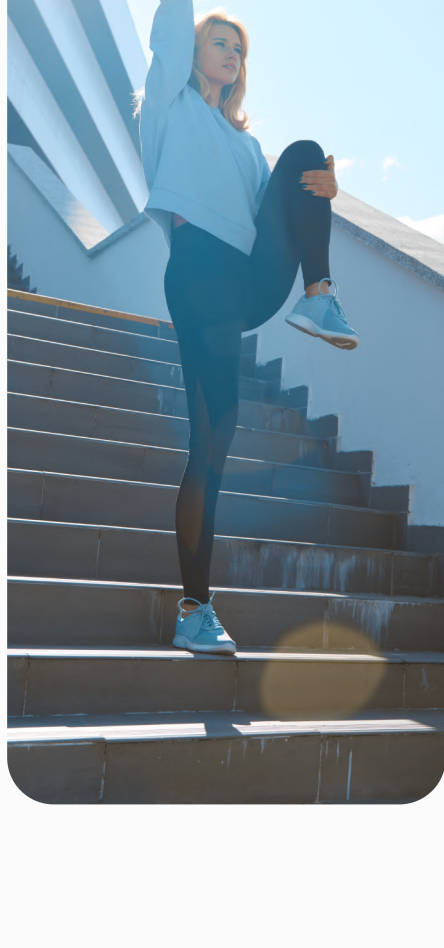
[Go to the audio](#)



Did you know that...

- ...if you think of yourself as an active person right away, staying motivated to exercise will be easier.
- It is best to start slowly with small steps – doing “something” is better than doing nothing!
- What you believe is important – try to avoid thoughts that hold you back, like believing you need to be “made for sports” to get moving..
- It's better not to skip workouts twice in a row – missing one session can happen, but two in a row can kill your motivation.

Remember! It's important to keep looking until you find the activity that fits you. One that truly brings you joy.

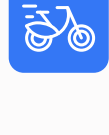


Looking for inspiration? We have a few suggestions that you might like.

Do you like exercising outdoors?



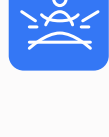
Discover golf – sunshine, stretches of green, and a healthy dose of exercise – sounds like the perfect morning? Then golf will be a great choice for you in spring and beyond!



Try the Polish Cableways – spring is the best time to see the world from above! See for yourself with the Polish Cableways. In just a few minutes, you are at the top, where you can admire mountain views or ride your bike down.



City bike – combine being eco-friendly with a healthy lifestyle using city bikes. Avoid traffic jams, explore the city, and feel the spring warmth on your skin.



Nordic walking – do you like walking but want to make it a bit more intense? Nordic walking works your legs and also helps build strength in your arms and stomach.



Tennis – Is it warm outside? That's a sign the outdoor courts are ready for you! Tennis is a fun way to get more fit and a good opportunity for some friendly matches with your friends.



OCR – give obstacle course running a try. OCR is a great chance to test your endurance and fitness!

How about trying activities at indoor facilities?



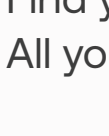
EMS – the days get longer in spring, but do you still struggle to find time for exercise? Try EMS training (electrical muscle stimulation), which works your whole body in just 20 minutes.



Go-karts/quads – do you enjoy the wind in your hair and fast driving? Springtime is great for thrilling drifts on the track or in the outdoors, and go-karts and quads are the perfect way to mix fun with a healthy dose of adrenaline.



Reformer pilates – try a workout that will help you regain flexibility after winter. Workouts using special equipment build your deep muscles and help improve your balance and coordination.



Squash – almost a synonym for good fun. With squash, you'll burn a lot of calories and release built-up stress at the same time. A boost of endorphins included!



Shooting range – aim, fire! If you want to boost your concentration and precision, the shooting range is just right for you!



Roller skating is an activity that combines sport with fun and is a great way to break free from your daily routine. So, strap on your roller skates, find your balance, and... go!

Keep in mind, with a MultiSport card you can enjoy more than 55 activities at over 6,000 locations throughout Poland. Find your favourite activity nearby or exercise during weekend trips. All you need to do is start!

More inspiration and useful content are waiting for you at www.sportkrastynacja.pl