

How to stay active when you get bored...



[amer3000](#) 2 posts since

Jan 25, 2008

Hello Eveyone,

I have been member of this board for a while but this is my first post. I do little bit of everything but I lose interest very easily. I am not over-weight but I do know that I am not physically fit.

Since gym bored me extremely, I quit gym and started looking at other form of exercises. I did rock climbing regularly for several months, it was exciting until I got semi good then it became just boring. Then i tried, swimming, running, working out with a video game, doing just push ups, using steppers while playing video games, and hiking. I got bored with all of these excersices.

I see a pattern here. All these excerices are solo or semi-solo activities and non-competitive. I really enjoy sports, I can play volleyball for hours but I cannot run for more than 30 minutes.

So I am thinking of picking up some sport for my new years resolution. My goal is to get regular cardiovascular exercise, at least one hour every week. I am reading about

various sports that are very cardio, like soccer, basketball, taek won do (and other martial arts), and tennis. Right now, I am leaning towards taek won do but its not really a team sport or competitive. However, it does seem like most active sport. Also since the instructor and other people will watching me, I will be motivated to finish the whole session.

So I was wondering if you have any suggetions or ideas. What do you think is the easiest sport to get started in? And which sport you think has most cardiovascular activity? Please let me know what you think.

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Everyone have a great holidays!

Amer

Message was edited by: amer3000

Fixed spelling mistakes



[Active Toby](#) 1,540 posts since

Jun 5, 2007 1. **Re: How to stay active when you get bored easily?** Dec 24, 2008 8:18 AM

You should look into adult social sports teams/leagues in your area. There are all sorts of them to try: softball, kickball and flag football to name a few. This dynamic will hold you accountable for your participation so you won't let down your teammates by not showing up and giving it your all, but you also have lots of fun, meet new people and its as competitve as you make it. After the season is over you can try something new for the next season and decide later if you want to come back to your team the following year. Thoughts?



[Jean2715](#) 1 posts since

Oct 27, 2008 2. **Re: How to stay active when you get bored easily?** Dec 25, 2008 6:43 AM

This year, I have found that having a vairyety of regular activites keeps me active. I just started running in August, and I run twice a week about 30-40 minutes. I do a yoga class once a week, and I play on a tennis team or with friends 1-2 times a week. All together, I get the fun and social benefits of competition, a more efficient workout with running, and the flexibility and strengthening of yoga. So, I say do a couple different things on a regular basis to keep from getting bored. And if one doesn't work out for a bit due to injury or schedule, something else is there. Good luck finding your combination!



[Bob Corman](#) 2 posts since

Dec 11, 2007 3. **Re: How to stay active when you get bored easily?** Dec 28, 2008 8:41 AM

Amer,

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Your picture is of a cyclist but I do not see any mention of cycling in your post. One could say that cycling is a solo sport, but I almost always ride with friends, and, to me, that is the best part of the sport. For example, we are riding today at 10 in frigid northern California when I would rather take a book and sit in a big cozy chair at Peets Coffee. (Well, maybe I will do that afterward.) Anyway, think about it. You can join a team or train for an event and it is one of a handful of sports that uses the activity itself to raise money for worthwhile charities.

Just my 2 cents.

Bob



[ana_bomber](#) 3 posts since

Mar 23, 2008 4. **Re: How to stay active when you get bored easily?** Dec 28, 2008 11:41 AM

tae kwon do is a good sport to get into. if you are in it long enough to where you're good with all the basic moves, you'll be able to compete in tournaments. you'll have to practice hard in class first in order to get first place trophy at a tournament. even if you don't get first place, you'll still get some good competition there. and it's not just your classmates you'll be competing against...you'll be competing against your classmates (if they're in the same division as you) as well as strangers and other students in other schools. the downside of tournaments is that they tend to get pretty expensive if you try to go to every tournament that your school/class/group is participating in since you have to pay out of your own pocket/wallet. but if not for tournaments, you can always do the best that you can so you get promoted to the next belt ranking. getting promoted to the next belt is always fun, even though you're not really competing against other people.

good luck with finding the sport you enjoy and won't get bored of too easily.

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[amer3000](#) 2 posts since

Jan 25, 2008 **5. Re: How to stay active when you get bored easily?** Dec 28, 2008 1:47 PM

You know I think Jean is right. I usually just take one activity and do it until I get bored with it. Then I just become lazy and spend weeks trying to find something else. I guess variation is the key. Me and my buddy gonna take some Tae kwon do classes anyways. But I will be looking for other activities too. This way it wont be boring and hopefully I will be able to play any sport.

Oh yeah, I bike quite a bit. In fact, I use my car only for work and when it is too cold.



[jinja](#) 42 posts since

Jul 22, 2007 **6. Re: How to stay active when you get bored easily?** Jan 9, 2009 4:21 PM

I find that entering local races and events gives me focus and a goal to work towards. It takes the edge off of the boredom of the daily workouts if I know I'm training for a triathlon or even shorter running event like a 10K. Adventure racing is another fun fitness activity that involves several different events like trail running, mountain biking, kayaking, and obstacle courses. Many cities also have amatuer adult league sports. Soccer is my favorite choice for a good cardio workout. I coach my son's team and get a pretty good workout just coaching the kids.

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[Barry11](#) 284 posts since

Dec 5, 2007 7. **Re: How to stay active when you get bored easily?** Jan 17, 2009 4:43 AM

Consider getting into triathlon. You can start with a sprint. 1/2 mile swim, 14 mile bike and 5k run. If you start getting board, you can go to Olympic .9 mile swim, 25 mile bike, 10k run, then 1/2 Ironman 1.2 mile swim, 56 mile bike and 13.1 mile run and then the Ironman 2.4 mile swim, 112 mile bike and 26.2 mile run.

Training 3 different sports 2-3 times per week keeps a little variety and keeps me from getting board.



[High Performance Fitness](#) 8 posts since

Jan 11, 2008 8. **Re: How to stay active when you get bored easily?** May 6, 2009 4:03 PM

We are a species of bored and lazy. We typically don't want to continue doing something unless a) we are passionate about that thing b) it is linked to our survival. I first like to begin my personal fitness programs with things I like like volleyball for example. I enjoy beach play and while it does wonders for my fitness level. Eventually though, I am just like everyone else and unless there is a major competition or money involved, I am bored in 3 months. The problem always comes back to why do I play. sometimes for fun (usually), sometimes for fitness. Eventually I have to find something else and i move on.

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Personally, resistance training has the same types of response. 2 or 3 months training for the same thing (fitness) and I am bored. So I train for something different every 3 months.

I start with a sport I love (volleyball). I train to jump higher, move laterally, be explosive and lean. My conditioning is geared towards the same results. Not a lot of extra fat on the sand courts. After my 3 months or when boredom is reached, I switch to something different basketball for example. Then my training becomes more aerobic in nature, my lateral training reflects that and I work more on 1 leg exercises. Lighter, faster, for longer.

This change helps my body to stay active and not get complacent. Plus it complements my boring nature. I continue with marathon training, tri training, whatever I feel like trying this season. I train to support my fun and it helps to keep things fresh. 2 days training, 2 days playing, 2 days conditioning. Sometimes they blend, sometimes they don't but they are never boring or monotonous. I have trained for fighting but I doubt I would be in the ring at any time. Fitness should be fun!

Eventually, you will enjoy the sport you are participating more because if you are training right, you will be better than you thought. The resistance training will help to keep you fit and lean. With a healthy diet, I wouldn't be surprised if you didn't start taking on two sports at a time. Remember, there is no one answer. In conclusion, don't put all your eggs in one basket, especially when change will help your fitness lifestyle.

P.S. It is one of the many responsibilities of your personal trainer to keep you motivated.