

# Fitness Trend: Establish a Workout of the Day



By

[Courtney Shapiro](#)

If you are busy throughout the day, it can be difficult to establish a solid fitness regiment. A popular [fitness trend](#) right now is to set up a workout for each day. These workouts can be something different everyday; for example, Monday can be strength training, while Thursday can be more aerobic type exercises. Planning a workout every day will definitely help you get on the right fitness track.

## In fitness trends, check out why you should establish a workout of

# the day.

**1. A routine is a good way to achieve accountability:** Plan a workout for each day and keep track of what you accomplish that day. The workouts you plan can change from day to day, but giving yourself a way to stay in shape everyday can help improve your accountability.

**Related Link:** [Fitness Trend: 5 Best Workout Apps](#)

**2. Helps with organization:** A lot of people use planners or calendars to keep track of the events going on in their daily lives. Use these tools to plan a workout as well. You can easily create a time where you will workout, and planning for the same time can make you more organized because working out will be something you expect in your routine.

**3. You'll feel good about yourself:** If you're able to get even a little exercise in throughout your day such as a short walk or weight training, you'll probably start to feel pretty confident. Working out has many benefits including better sleep, stronger metabolism, and boosted self esteem.

**Related Link:** [Fitness Trend: Cold Therapy](#)

**4. You can inspire others:** Once you start telling your friends or co-workers that you workout every day, they may be inspired to join you. You might even be able to start working out together and incorporating a partner workout into your routine.

**5. Your health will improve:** If you workout every day, your stamina and metabolism are sure to improve. You will also prevent yourself from certain diseases or medical problems that can arise if you are unhealthy.

**What are some of the benefits of incorporating a daily workout into your routine? Let us know in the comments!**